

## **San Buenaventura Urology**

*in association with Community Memorial Health System*

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Adult & Pediatric Urology

### **GOLD SEED MARKER PLACEMENT FOR EXTERNAL RADIATION THERAPY**

The procedure is nearly identical to the rectal ultrasound and biopsy that you have already gone through when you had the prostate cancer diagnosed. Your preparations are the same in that you'll need to perform a Fleets enema the evening beforehand and repeat the enema two hours prior to your appointment. You will also stop all blood thinners 5 - 7 days prior (including aspirin). You may eat before you come to the office for the procedure and drive yourself home unless you take a sedative to relax you.

The urologist will place three markers that are the size of rice kernels into your prostate to provide landmarks for the external beam radiation. He will use ultrasound guidance. It's that simple.

We recommend you go home following the procedure and rest for a couple hours. Stay off your feet for the first 24 hours. Ice on the rectal area is comforting and reduces bleeding and aching. Take the antibiotic tablet the MA gives you upon leaving the office or the Rx that has been sent to your pharmacy.

1. Increase your fluid intake for the next 1 -2 days to decrease formation of blood clots in our urine. Some spotting of blood in the urine is common in the first week. Not to worry, it will go away.
2. You may experience discomfort in the rectum or the base of your penis. This is normal and will diminish and go away with healing. Additionally, you may have a small amount of blood in our stool when you have a bowel movement.
3. You may also notice blood or discoloration in your semen if you are sexually active. This is normal and may last for a few weeks or months until the blood is cleared out of your prostate. You do not need to call us with blood in the semen.
4. Limit your activities for 24 hours. Stay off your feet until the next morning is best.

However, it is important that you contact us if the following symptoms occur: Burning with urination, chills, fever over 100\* F, difficulty urinating, inability to urinate, blood clots, or excessive blood in the urine or stools.