

How to prepare for your HDR gynecological brachytherapy implant – Arthur Child

This is a companion resource to the “[HDR Brachytherapy for Gynecological Cancer](#)” booklet and will give you specific information on how to prepare for this implant. Before treatment is scheduled, you will:

- Meet with the radiation oncologist and decide if brachytherapy is right for you.
- Attend a simulation appointment to scan your pelvis and plan the treatment.
- Receive a phone call from the Pre-Admission Clinic (PAC) nurse to review information and make an appointment to see an anesthesiologist.

Once you know your brachytherapy appointment date, arrange for **someone to drive you** to your appointment and pick you up. It is not safe to drive after you have anesthetic. The Pre-Admission Clinic (PAC) will give you more information.

On the business day before your implant, the hospital will call to let you know what time you need to arrive for your implant. If you do not receive a phone call by **3pm**, please call 587-231-3200.

Follow the instructions in the chart below. Start 1 week (7 days) before your implant.

1 week (7 days) before implant	<p>Stop taking Aspirin® (or drugs that contain Aspirin®) and ibuprofen.</p> <p>Follow the instructions given to you at your PAC appointment for when to stop taking prescription medications before brachytherapy. This includes blood thinners such as warfarin (Coumadin®) and related drugs.</p> <p>Stop taking vitamins or herbal supplements (you can still take vitamin D and calcium).</p> <p>Buy from the pharmacy:</p> <ul style="list-style-type: none">• Fleet enema, no prescription needed. Buy 1 Fleet enema for each brachytherapy treatment. <p>Your healthcare team will tell you when your prescription has been sent to the pharmacy. The pharmacy may contact you when it is ready for pickup or you may need to phone them and check.</p>
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5 to 7 days before implant	<p>At the Arthur J.E. Child Comprehensive Cancer Centre you will have a:</p> <ul style="list-style-type: none"> • Pre-procedure MRI (Diagnostic Imaging, Level 3, North Blue elevators) • Chest X-ray (Diagnostic Imaging, Level 3, North Blue elevators) • ECG (Cardiac Diagnostics, Level 5, West Green elevators). This test needs to be done once, if not previously completed. <p>MRI date: _____</p> <p>Chest X-ray date: _____</p> <p>ECG date: _____</p>
2 to 4 days before implant	<p>Blood work in the morning (APL Outpatient Collections Lab, Level 5, North Blue elevators).</p> <p>Blood work date: _____</p>
1 Day Before Implant	<p>Do not eat solid food after midnight (12am)</p> <p>Start a clear fluid (see-through) diet when you get up in the morning. Drink at least 12 to 15 cups (3 to 4 liters) of fluid throughout the day so you don't get dehydrated from your bowel cleanse.</p> <ul style="list-style-type: none"> • Clear fluids: water, clear juices (apple, cranberry, grape), caffeine-free soft drinks (no Coke®, Pepsi® or root beer), Gatorade® • Dessert: Jello®, Popsicles®, flavored ice • Soups: broth, bouillon • Avoid caffeine, dairy or alcohol
1 to 3 pm day before your implant	<p>You will get a phone call with your treatment appointment time and general (non-clinical) instructions</p> <p>If you have not received a call by 3pm, call 587-231-3200</p>
6 pm day before your implant	<p>Do the Fleet enema</p>
Midnight before your implant	<p>Do not eat or drink anything after midnight (12am)</p>
Day of implant Before procedure	<p>Wear loose comfortable clothing.</p> <p>If you need to take medication, take with a small sip of water. Park in the Arthur Child underground parking lot. Check in at reception on the main floor. You will be admitted to the Oncology Surgical Procedure unit on Level 3. Bring your health care card and government ID. Do not bring any valuables.</p> <p>A support person can come to the Oncology Surgical Procedure unit. You will meet with the anesthesiologist, radiation oncologist, brachytherapist and OR nurse.</p>

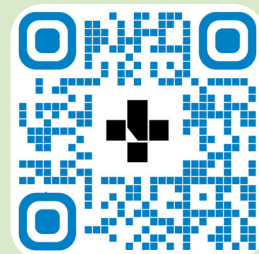
During procedure	<p>The implant treatment procedure will take about 3 to 4 hours (includes the treatment planning)</p> <p>You will have a urinary catheter inserted during the procedure.</p> <ul style="list-style-type: none"> • For most people, the catheter will be removed before leaving the hospital. • Sometimes the catheter needs to be left in overnight — wearing loose comfortable clothing can help fit the catheter under your clothes. If this is true for you, you will get instructions to help manage your catheter at home.
Day of implant After procedure	<p>You will be taken to the Recovery Room for about 45 minutes. You will be taken to the Oncology Surgical Procedure unit to stay until you are ready to go home. You will be given the HDR brachytherapy discharge instructions.</p>
Day after implant	<p>If you are sent home with a urinary catheter in place, you will come back to the Arthur Child at your scheduled time to the Lower Courtyard Radiation Therapy Dayroom to have the catheter removed.</p>
3 months after radiation treatment is done	<p>You will have a follow-up appointment over the phone with your radiation oncologist.</p>
1 year after radiation treatment is done	<p>You will have a follow-up appointment with your radiation oncologist.</p>

MyChart Patient Portal

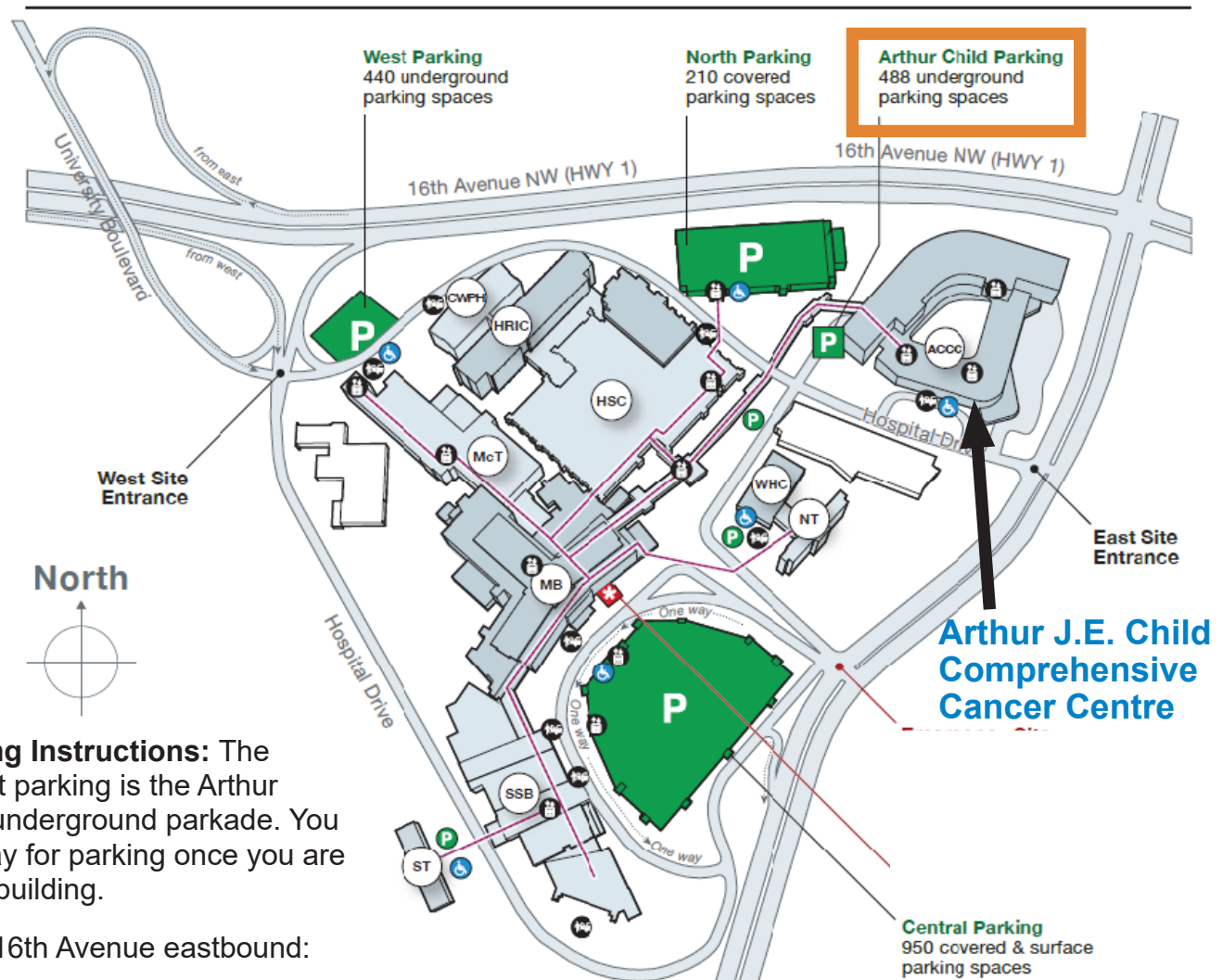
MyChart is a secure, online, interactive patient portal that gives you access to your Connect Care health information.

MyChart will allow you to:

- Communicate with your cancer care team
- See the appointments we schedule for you
- Fill out questionnaires before your visit
- Add medications you are taking and let your healthcare team verify them with you
- Take care of your children or other family members from your account (proxy access). To learn more, visit bit.ly/my_chart



Visiting Foothills Medical Centre Campus



Parking Instructions: The closest parking is the Arthur Child underground parkade. You can pay for parking once you are in the building.

From 16th Avenue eastbound:

- Take the West Campus Blvd/Alberta Children's Hospital exit.
- Turn left at the 4-way stop onto Hospital Drive.
- The Arthur Child underground parking ramp is on your left at the first set of lights.

From 16th Avenue westbound:

- Turn left onto 29 street. Turn right onto Hospital Blvd.
- The Arthur Child underground parking ramp is on your right at the first set of lights.

From 29th Street:

- Turn west on Hospital Drive.
- Turn right at first set of light to the Arthur Child underground Parking ramp entrance.

For other Cancer Care Alberta resources, visit cancercarealberta.ca

Questions about Treatment?

Call 587-231-3805