

How to prepare for your HDR prostate brachytherapy implant

This is a companion resource to the “HDR Brachytherapy for Prostate 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 prostate brachytherapy is right for you.
- Attend a CT simulation appointment to measure the size of your prostate.
- 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 5pm, please call 587-231-3200.

Follow the instructions in the chart below. Start 2 weeks (14 days) before your implant.

2 Weeks (14 Days) Before Implant	<ul style="list-style-type: none"><input type="checkbox"/> Stop taking Aspirin® (or drugs that contain Aspirin®) and Ibuprofen.<input type="checkbox"/> Follow the instructions given to you at your PAC appointment for when to hold prescription medications before brachytherapy. This includes blood thinners such as Warfarin (Coumadin) and related drugs.<input type="checkbox"/> Stop taking vitamins or herbal supplements (you can still take Vitamin D and Calcium).<input type="checkbox"/> Buy from the pharmacy:<ul style="list-style-type: none">• 6 Dulcolax® pills, no prescription needed• A box of Pico-Salax® (containing 2 packages), no prescription needed• Flomax®, also known as Tamsulosin (with your prescription) <p>Your healthcare team will tell you when your prescription has been sent to the pharmacy. The pharmacy may contact you once it is ready for pickup or you may need to phone them and check.</p>
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1 Week (7 Days) Before Implant	<input type="checkbox"/> Start taking Flomax® <ul style="list-style-type: none"> Take 1 pill, in the evening as directed. Continue taking this medication until your 3 month follow-up appointment or as directed by your doctor.
2 Days Before Implant	<input type="checkbox"/> Take 3 Dulcolax® tablets (laxative) around 8 pm. <input checked="" type="checkbox"/> Do not eat solid food after midnight (12 am).
1 Day Before Implant	<input type="checkbox"/> Start clear fluid (see-through) diet when you get up in the morning and drink at least 12–15 cups (3–4 litres) of fluid throughout the day so you don't get dehydrated from your bowel cleanse. <ul style="list-style-type: none"> Drink: water, clear juices (apple, cranberry, grape), caffeine-free soft drinks (no Coke®, Pepsi® or Rootbeer), Gatorade® Dessert: Jello®, popsicles, flavored ice Soups: broth, bouillon Do not drink caffeine, dairy or alcohol
10 am	<input type="checkbox"/> Drink 1 package of Pico-Salax®. Follow package instructions. <input type="checkbox"/> Drink 2 cups (500 ml) of fluid every hour (60 min), for the next 3 hours (180 min).
6 pm	<input type="checkbox"/> Drink 1 package of Pico-Salax®. Follow package instructions. <input type="checkbox"/> Drink 2 cups (500mL) of fluid every hour (60 min), for the next 3 hours (180 min).
7 pm	<input type="checkbox"/> Take 1 Flomax® pill (or as prescribed by your doctor)
8 pm	<input type="checkbox"/> Take 3 Dulcolax® pills
Day of Implant Before Procedure	<input type="checkbox"/> Wear loose comfortable clothing. <input type="checkbox"/> Drink clear fluids up to 3 hours before check in time. <ul style="list-style-type: none"> After that, do not eat or drink anything. If you need to take medication, take with a small sip of water. <input type="checkbox"/> 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. <input type="checkbox"/> A support person can come to the Oncology Surgical Procedure unit. <input type="checkbox"/> You will meet with the anesthesiologist, radiation oncologist, brachytherapist and OR nurse.

During Procedure	<input type="checkbox"/> The implant treatment procedure will take about 3 hours . <input type="checkbox"/> You will have a urinary catheter inserted during the procedure. <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 you manage your catheter at home.
Day of Implant After Procedure	<input type="checkbox"/> You will be taken to the Recovery Room for about 45 minutes. <input type="checkbox"/> You will be taken to the Oncology Surgical Procedure unit to stay until you are ready to go home. <input type="checkbox"/> You will be given the post-implant teaching package.
Day After Implant	<input type="checkbox"/> You will receive a phone call from a brachytherapist to review the post-implant teaching package. <input type="checkbox"/> If you are sent home with a urinary catheter in place, then you will come back to the Arthur Child at your scheduled time to Level 3 – Oncology Surgical Procedure unit to have the catheter removed.
4 Weeks after all Radiation Treatment is done	<input type="checkbox"/> You will have a follow-up appointment over the phone with a brachytherapist.
3 Months after all Radiation Treatment is done	<input type="checkbox"/> You will have a follow-up appointment over the phone with your radiation oncologist.
1 Year after all Radiation Treatment is done	<input type="checkbox"/> You will have a follow-up appointment with your radiation oncologist.

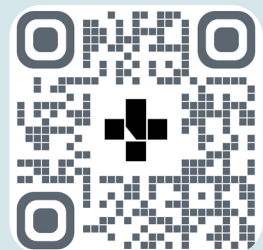
Connect Care — MyAHS Connect Patient Portal

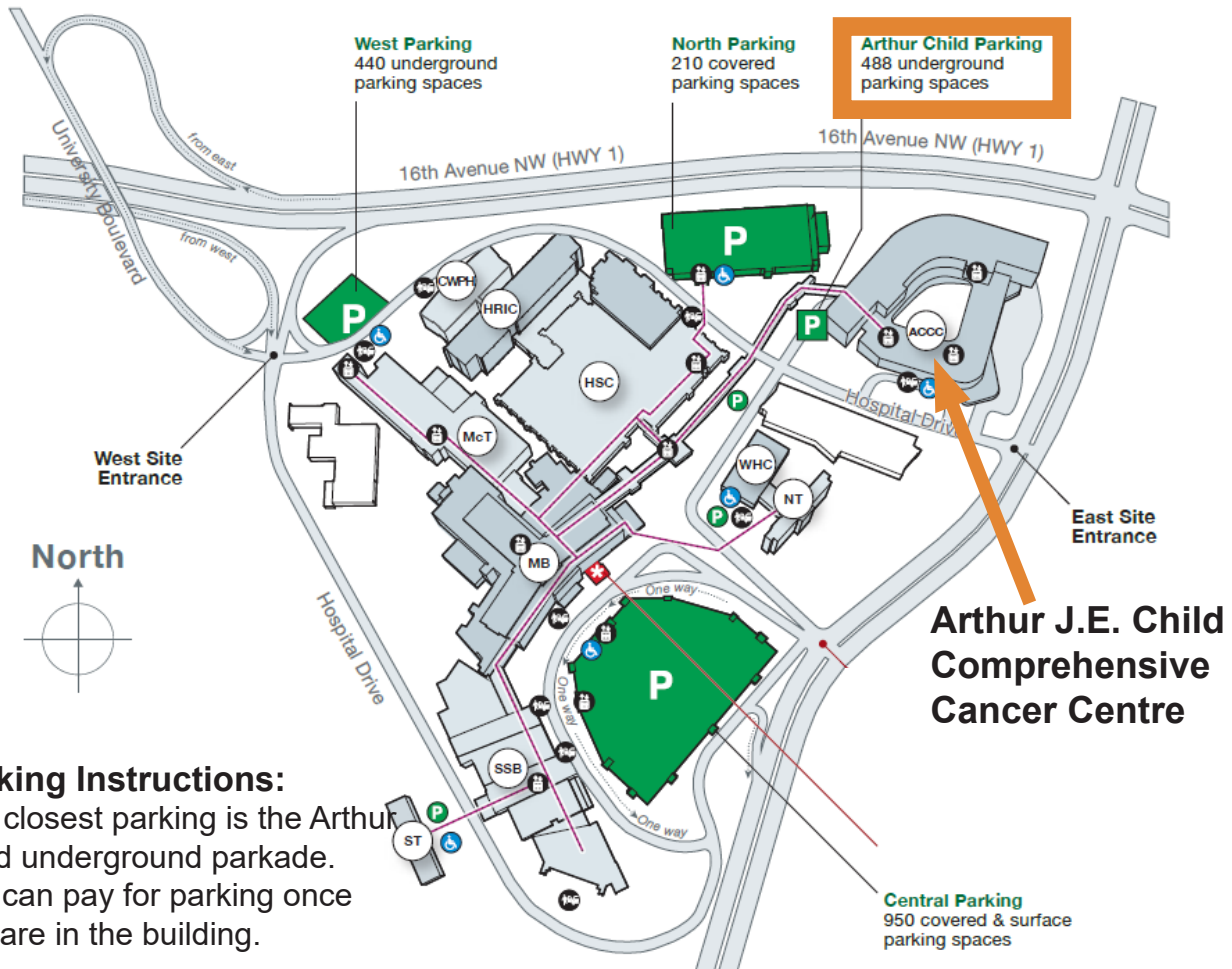
MyAHS Connect is a secure, online, interactive patient portal provided by Alberta Health Services (AHS), which gives you access to your Connect Care health information.

MyAHS Connect will allow you to:

- communicate with your AHS cancer care team
- see the appointments we schedule for you
- fill out questionnaires before your visits
- add medications you are taking and let your healthcare team verify them with you

To learn more, visit: bit.ly/myahsconnect





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 on to 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

