

Urology Associates of Rochester

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Dear Pat FName :

Your Brachy Therapy or Seed Implantation is scheduled at:

on

The hospital/surgical center will notify you of your arrival time for your procedure. Your pre-surgical testing will be done at your/the .

Brachy Therapy or Radioactive Seed Implants is the implantation of seeds (tiny pellets containing radioactive medication) directly into the prostate gland. These radioactive seeds will give off low level radiation for about one year.

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW

1. You will be admitted to the hospital the day of your surgery. You will be discharged when you are fully awake, alert, and taking fluids by mouth. Usually it is about two hours after your surgery.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**
7. You will need to give yourself a fleet's enema the **morning** of your procedure. Please be sure to follow the directions provided when giving yourself the Fleet Enema.

INSTRUCTIONS: POST BRACHY THERAPY or SEED IMPLANTS

- DIET:**
1. It is okay to eat or drink whatever you want.
 2. We encourage you to increase your fluid intake.
- ACTIVITY:**
1. Avoid heavy lifting for 5 days.
 2. It is okay to shower. **No bathing** until seen by the doctor.
 3. It is okay to climb stairs when discharged from the hospital.
 4. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
 5. Avoid strenuous exercise for 5 days.
- DRIVING:** You may drive the day after your surgery if you are feeling okay and not taking any pain medications.
- MEDICATIONS:** Please refer to the surgery medication list provided. We will also send a prescription for Flomax to be taken beginning the week before your procedure. If you already take Flomax, just continue taking it as you have in the past.
- RETURN TO WORK:** You may return to work one week after surgery.
- SEXUAL ACTIVITY:** No restrictions.
- RADIATION SAFETY:** The radiation level of these seeds is very low and the majority of radiation does not get past the prostate. Any amount of radiation that does escape is so small that there is no risk. However, it is recommended that no children or pregnant women sit on your lap after Brachy therapy.
- FOLLOW-UP:** Your follow-up appointment is scheduled for N DShort at N Time in our N Loc Name office. Please have your PSA done one week prior to your appointment. You may go to a lab of your choice with the enclosed requisition.

Please note: You will need to report to the office 10 minutes prior to your scheduled appointment time.

If you have any questions or concerns, please call us at (585)232-2980.