

Questions & Concerns?

If you have any questions or concerns please contact us or your urologist immediately.

For more information, please visit our website at:

www.prostatebrachytherapy.info



URO-Radiology Prostate Institute

8320 Old Courthouse Road
Suite 150
Vienna, VA 22182

Phone 1: 703-356-9674

Phone 2: 703-827-0628

Toll Free: 800-532-5896

Fax: 703-356-9589

E-mail: pgkurpi@aol.com

Discharge Instructions

3-Dimensional Computed Tomography-Guided Pararectal Brachytherapy of prostate cancer



URO-Radiology Prostate Institute

**PATIENT INSTRUCTIONS FOR
POST-TREATMENT AND
RADIATION PRECAUTIONS WITH
PALLADIUM 103 AND IODINE 125
SEEDS FOR PROSTATE CANCER**

Discharge Instructions

The radioactivity of the radioactive sources is absorbed by 95% in 4 cm and 50% in 0.5 cm from the source.

However, strict adherence to the following safety precautions and guidelines should be followed.



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1. In keeping with the guidelines of the Nuclear Regulatory Agency it is recommended that :
 - A. No child under the age of 18 years of age be permitted to sit on your lap and they should be kept at least 6 feet away from you for the first 4 weeks with Palladium 103 seeds and 8 weeks with Iodine 125 seeds.
 - B. Pregnant women should be kept at least 6 feet away from you for the first 4 weeks with Palladium 103 and 8 weeks with Iodine 125 seeds.
 - C. The use of a Radiation Guard stops more than 99% of Palladium radiation and 95% of the Iodine radiation, and if used will allow loved ones to spend unrestricted time near you. More information and ordering instructions is available online at www.atnuke.com or you may call (781) 828-9118.
2. No lifting anything over 10 lbs. For at least 2 weeks.
3. Do not sit for more than 2 hour at a time.
4. Restrain from exercise programs for at least 2 weeks.
5. Diet: stay with any dietary restrictions you already have (re: low cholesterol diet). Stay away from greasy or fried foods.
6. You may see blood in the urine or fecal material in the first two days after the implant. This should begin to clear up after 48 hours. If bleeding continues or is excessive call us or your urologist.
7. If you were on aspirin prior to the implant, you may resume aspirin three days after the implant as previously directed by your physician.
8. You can experience delayed effects of radiation several months after the implant by having some rectal or urethral bleeding without clinical significance. If bleeding continues, notify us or your urologist immediately. **DO NOT ALLOW** a rectal biopsy near the prostate.

I have read and understood the safety precautions and guidelines in this document.

Patient's signature