



**GORDON GRADO, M.D.**

Radiation Oncology  
Prostate Brachytherapy  
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**PREOPERATIVE INSTRUCTIONS**

Please refer to your paperwork for surgery schedule and location. On the day before your scheduled implant date you need to call our office #614-6300 to verify what time to check in.

**Bowel preparation – you will need to purchase from a pharmacy:**

- (1) 8 ounce bottle of Magnesium Citrate ( a laxative)
- (2) 2 fleet's enemas (in the green box)

**Special Instructions:**

1. You may have breakfast and a light noon meal and then only clear liquids for dinner.  
You may continue with clear liquids until midnight the night before the procedure, but after midnight, **do not eat or drink anything**. You may take your medications with a small sip of water. If you drink anything other than a small sip of water with medications, the anesthesiologist may cancel your procedure.
2. Around 4:00 p.m. the day before your procedure, drink the magnesium Citrate.
3. At bedtime (the night before your procedure) do one of the Fleet's enemas.
4. In the morning before coming into the hospital, do the second Fleet's enema.
5. You will need a driver to take you home from the hospital, as it is recommended that you do not drive for at least 24 hours following a general anesthetic.
6. Do not take any aspirin, Aleve, or Ibuprofen (Motrin, Advil) for one week before your procedure. On the morning of your surgery, you may take your usual medications unless you have been otherwise instructed.



**CLEAR LIQUID DIET RECOMMENDED PREOPERATIVELY FOR  
PROSTATE SEED IMPLANTATION**

**FOODS ALLOWED**

Fruit Juices

Apple, Cranberry, Grape,  
STRAINED Orange/Grapefruit  
Juice, Cranapple

Desserts

Jell-o, fruit ices, popsicles

Beverages

Tea, decaffeinated coffee,  
Clear fruit drinks, powdered  
Drinks (Kool-aid), Carbonated  
Beverages, regular formula of  
Ensure nutritional supplements.

Soups

Broth/bouillon, consommé

Miscellaneous

Condiments: Salt, Sugar,  
Hard candies.



## DISCHARGE INSTRUCTIONS

The following instructions are general guidelines. They will be discussed with you following the procedure.

### Activity Level

Avoid heavy lifting for one month (but walking, swimming, and golfing are okay). You do not want to put any pressure in your pelvic area. The pressure may cause swelling that will aggravate your urinary symptoms. After one month, you may return to your regular activities.

### Diet

You may resume a regular diet unless you are on a special diet for another reason. Some foods, however, are known to irritate the bladder, causing urinary frequency, discomfort, and possibly a slower stream. Usually, you do not need to make changes in your diet, but if you develop urinary symptoms, you may want to decrease the amount of the following foods in your diet.

Alcoholic beverages	Cranberries/juice
Apple juice	Grapes/juice
Cantaloupe	Guava
Peaches	Carbonated drinks
Pineapple	Chile peppers/spicy foods
	Plums
CITRUS	Tea/iced or hot
Coffee	Strawberries
Tomatoes	Vinegar
Chocolate	B complex vitamins
Vitamin C	

### Medications

Your routine medications may be resumed unless you are otherwise instructed. If you are on a blood thinner you may restart your medication in 1-2 days if you are not experiencing any bleeding. Antibiotics are given after the implant to prevent an infection, and should be taken until they are gone. If you develop any unusual symptoms after taking your antibiotics (such as itching, hives, shortness of breath, etc.) discontinue the antibiotic and contact your physician. You will also be given some pain medication. Most patients will not need to take the pain medication and you may substitute Tylenol ES 1 or 2 tablets every 4 hours as needed for discomfort.



### **Radiation Safety**

Both Iodine-125 and Palladium-103 are low energy radioactive sources. Therefore, exposure to tissue outside the prostate as well as to other people is minimal. You will be scanned immediately after surgery to make sure you are within the Radiation Safety Guidelines. Occasionally a seed may be passed during urination. If this occurs, just flush the seed down the toilet. Do not attempt to save or pick it up.

### **Sexual Activity**

Sexual intercourse may be resumed after the implant; however, the semen may be dark rust in color initially and may continue for a period of one month. This is a normal result due to bleeding that takes place during the procedure. A seed may be passed during ejaculation; therefore, a condom may be worn during intercourse the first few times after the implant. The semen is not radioactive. The first few times you have intercourse, ejaculation can be painful. This will go away. It is like the first time you urinate after the catheter is removed.

### **Early Side Effects**

**Discomfort** - Following the procedure, it is not unusual to have some tenderness and/or bruising between your legs. This is due to bleeding during the procedure, and it should resolve itself within two weeks. You may take a warm bath; this will help your body to reabsorb the blood from that area. You may also take Tylenol or your pain medicine.

**Blood in the Urine** – It is normal to have blood in the urine for several weeks following the implant, so do not be alarmed. You may also have some blood in your urine when you return to your normal activity or do any heavy lifting. However, if large blood clots are passed, or it is difficult to urinate, call your doctor/nurse. Drinking plenty of fluids when you have blood in your urine will help decrease or prevent clots from forming.

**Burning and Difficulty with Urination** – Avoid straining with urination. After the catheter is removed, it is normal to have some burning with urination. On occasion, men have difficulty with urination right after the implant, so you will be instructed on how to catheterize your bladder in the event you are unable to urinate. If you have the urge to urinate and cannot, or are unable to do self-catheterization, you will need to go to the emergency room for evaluation and care.



### Late Side Effects

After the initial healing period, most of the side effects are related to the radiation being emitted from the seeds in your prostate. The radiation may cause inflammation and swelling in the prostate. This may result in frequent urination, burning with urination, urinary urgency and a weaker urine stream. These symptoms can last anywhere from 1-4 months. Drinking plenty of fluids, as well as avoiding foods and beverages that contain caffeine may help decrease these symptoms. If the symptoms persist, your urologist or radiation oncologist may prescribe medication to help you with your symptoms.

The prostate is very close to a small area in the anterior rectal wall; therefore, radiation may affect this small area. It can cause some reddening to the anterior rectal wall. The area has had radiation so it has less of an oxygen supply. When tissue has less of an oxygen supply, it takes longer for an injury in that area to heal. We recommend that in the future you avoid any biopsies in that area. When feces are constantly passing through this area, it will heal more slowly and we have seen problems develop in patients with biopsies to this area. **If you must have a routine colonoscopy (a colon cancer screening), we ask that you inform your doctor that you have undergone radiation to your prostate. Do not let anyone biopsy, laser, or cauterize this area without checking with us first. It is very important that you do not undergo any of these procedures as we have seen only problems in patients that have undergone procedures in this area. We would be happy to talk with your doctor, if necessary.**

### Follow up Appointment

You will be seen in the hospital following the procedure and if the procedure is done later in the day, you may be seen the following morning in our office. You will be set up for a 3 month follow up exam, this exam be set up on your pre-op teaching day. You will also be given a prescription to get a PSA done. Please get this approximately 1 week before your appointment so we have plenty of time to obtain the results prior to your first follow-up exam. Please call us regarding any questions or problems prior to your follow-up visit. Many questions or problems may be handled over the phone.