



# urological surgical associates

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## **Post-Radioactive Prostate Seed Implantation Instructions**

### **Post-op Care:**

After completion of your surgery and recovery time you will be discharged home. You are to rest and relax for the remainder of the day. **NO DRIVING.**

You may be discharged home with a foley catheter. Instructions for catheter care are below.

### **What will happen when you get home?**

1. Catheter Discomfort. To alleviate this make sure the leg bag is above your knee. Decrease walking as much as possible.
2. Blood in the Urine. It is normal to have a small amount of blood in your urine. Make sure to drink plenty of fluids, rest and avoid aspirin or aspirin-like products.
3. Discolored urine. Your urine may be dark or brown, make sure to increase your fluids if this occurs.
4. Bladder spasms. Spasms present with cramping in the lower abdomen, urgency or brief pelvic or rectal pressure. This may cause your urine to leak around the catheter as well as drain into the bag. This can be relieved by decreasing your activity and increasing your fluids. If not relieved by rest contact your physician.
5. Discomfort. If you experience some discomfort take Tylenol (not aspirin). If your discomfort is not relieved, call your physician.
6. Bowel movements: Eat lots of fruits, vegetables, and fiber rich foods. To prevent constipation take 2 colace tablets daily. **DO NOT USE SUPPOSITORIES or ENEMAS.** You may take milk of magnesia 1 tablespoon twice a day until a bowel movement occurs.



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## Your First follow-up visit:

1. Catheter Removal. A trial to void will be performed at your first visit. The staff will fill your bladder with sterile water through the catheter, when your bladder is full they will gently remove the catheter. You will be asked to urinate. If you are unable to pass the sterile water the catheter may be replaced. This will be determined by your physician.

## Side effects after your procedure:

1. Frequency. You may need to urinate as frequent as one or more times an hour. This usually begins 2-4 weeks after the surgery and can last several months.
2. Burning. Burning with urination may occur 2-4 weeks following the implant, usually not severe and may last 4-12 weeks
3. Bowel habits. Frequent bowel movements and soft stool are common due to irritation of the rectum. Symptoms may begin 1 week after the implant and last several months. You may experience worsening hemorrhoids, rectal discomfort, or mucous discharge. The will heal without any additional therapy.
- Blood in Urine. Small amount of blood occasionally in your urine stream is normal. Call your physician if it does not resolve.
4. Inability to urinate. After the initial catheter removal the prostate may be swollen and irritated. If you cannot urinate call your physician immediately.

## What you need to know about seeds and radiation:

1. After seeds, radiation is low and at a safe level for others. Your urine, stool, clothes and toilet facilities are not radioactive.
2. Activity. Light activity is recommended for the first 48 hours. Avoid heavy lifting (greater than 40 lbs) for one month. Do not sit on a hard seat (such as a bicycle) for 2 months.



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3. Sexual activity. May be resumed 2 weeks after surgery; wear a condom for 2 months.
4. Avoid. Prolonged physical contact with pregnant women and young children such as holding them or having them sit on your lap for 3 months. It is safe to greet someone with a brief hug, kiss or handshake.
5. Expelling a seed. This is possible, but not common, to expel a seed in the urine the first few weeks. You may safely flush them down the toilet. If you find one somewhere else, pick it up with a spoon or tweezers, and then flush it.