

GOLD SEED MARKER PLACEMENT

REASONS FOR DOING THE PROCEDURE:

Placement of gold seed markers into the prostate is performed in preparation for intensity modulated radiation therapy (IMRT). Three (3) non-radioactive gold seed markers are placed into the prostate, and these markers are used by the radiation therapy to generate daily positional variations that are entered into the treatment planning.

As a result of this procedure, patients may experience bleeding from the rectum and/or urinary tract, or acquire an infection. An antibiotic is provided to help prevent these occurrences.

PREPARATION:

- 1) Do not take aspirin (or aspirin-containing medications - please look at non-prescription medications carefully), ibuprofen (Advil), naproxen (Aleve), or other "non-steroidal anti-inflammatory drugs (NSAIDS) for 10 days prior to the procedure.
- 2) Do not take vitamins or supplements for 10 days prior to procedure as these can also be blood thinning agents.
- 3) Placement cannot be performed when a patient is taking blood thinners such as Plavix or Coumadin (warfarin). If you are taking either of these medications, they will need to be discontinued in advance of the procedure. Please ask your Urologist, and possibly the prescribing doctor, for specific instructions regarding when to stop and when to restart these medicines.
- 4) You will be given antibiotics to take before and after the procedure as directed by your physician.
- 5) You may eat and drink fluids up to the time of your next appointment, but we suggest that you not eat heavily beforehand.
- 6) Two hours prior to your appointment, we ask that you give yourself a Fleet enema (available at the pharmacy), so that the rectum is cleaned of stool. This improves the ability of the ultrasound to provide clear pictures of the prostate, and also reduces the potential risk of infection.

THE PROCEDURE-WHAT TO EXPECT:

Placing Gold Seed Markers takes place in our office. After a rectal exam, the ultrasound probe (slightly larger than an examining finger) is introduced into the rectum. The prostate is then thoroughly examined with the ultrasound. Markers are then placed into the prostate by the introduction of a needle through the probe and inserting the Gold Seed Markers which necessitates going through the rectal wall.

There may be a sharp sensation with this usually of short duration. When the procedure is done, the probe is removed and the patient is able to return home. Antibiotics are usually continued for one to three days afterward, and we encourage you to drink 2-3 quarts of fluids daily for the next 2-3 days. While there may be some slight aching or soreness in the rectum for 1 to 2 days, this is usually short-lived and pain medications are not usually required.

SIDE EFFECTS AND COMPLICATIONS:

- ◆ Many patients will notice a small amount of blood at the anus and with bowel movements for a day or two. If brisk or prolonged bleeding occurs (especially with passage of clots) please let your doctor know. This rarely may require packing or placement of a stitch.

- ◆ Some patients will notice some blood in the urine. This can easily be dealt with by increasing liquid intake, and it should resolve quickly. If you pass thick blood or clots, or are unable to pass urine at all, please call our office. Very infrequently a catheter may be placed temporarily to allow passage of urine.
- ◆ A brown or red discoloration of the semen may be observed for several weeks. This is common and not significant.
- ◆ Infection can occur in the prostate following placement. Symptoms may include increasing pain, difficulty with urine passage or bowel movements, fever, chills, nausea, or vomiting. If any of the above occurs, please let the office know immediately. Infection is rare with the current use of preventative antibiotics and the small, automated needle, and the need for intravenous antibiotics, administered in the hospital is very uncommon.