

Home Care After Prostate Seed Implant

This factsheet gives instructions for taking care of yourself after your prostate seed implant. It also tells about side effects and how to manage them.

Preventing Infection

Take the antibiotics your cancer care team prescribed. Be sure to follow the directions and finish all the pills.

Daily Activity

For the first day or two after your implant, take rest breaks often. If you have swelling, lying down can help.

Avoid these things for 2 weeks after your implant:

- Bike riding
- Horseback riding
- Anything that puts pressure on the saddle area
- Other activity that takes a lot of effort

Sexual Activity

It is OK to have sex any time after the implant procedure. The amount of semen may be small.

Blood in the semen is common for about 1 month after the implant. It will be dark brown or black. If it is bright red, call the Radiation Oncology clinic.

Very rarely, a seed may come out in the semen. Use a condom for the first 2 weeks after the implant. If the seed comes out, leave it inside the condom and flush both down the toilet. Do **not** touch the seed. Call the Radiation Oncology clinic to tell us this has happened.

Follow-Up Appointments

We will set a follow-up appointment for an x-ray and CT scan before you leave the hospital. That usually happens the day after your implant. If you also have other radiation treatments, the follow-up appointment will be a few weeks later. After that, you will have appointments every 6 months.

Possible Side Effects

You may have some side effects after the implant procedure. Your cancer care team can give you medicines and tips to help manage them.

Nausea. The anesthetics from the implant procedure may upset your stomach. After your implant, start by drinking liquids only. You can slowly go back to your usual foods over the next 24 hours.

Soreness. The area where the needles entered your body may be a little sore. Taking ibuprofen or acetaminophen (for example, Advil® or Tylenol®) should help. These medicines are available without a prescription. If you still have pain, we can prescribe other medicines.

Swelling and bruising. You may have swelling or bruising in the implant area. If this happens, use ice packs in the implant area for about 15 minutes and repeat every few hours as needed.

Sit in warm (not hot) water above the hips for about 15 minutes twice each day. After the bath, pat the skin dry with a towel. Do not rub.

It may also help to wear soft, loose cotton underwear.

Bladder problems. It is common to have some blood in the urine for a few weeks after the implant. Drink at least two quarts of liquids each day to help clear blood from your bladder.

You may have problems starting urine flow. You may feel burning when you urinate. The medicines your care team gave you will help. If you have problems starting the urine flow for more than 24–48 hours, your radiation doctor may give you a different medicine. You may also need a catheter tube to drain the urine.

Radiation Oncology Clinic

Monday – Friday, 8 a.m. – 5 p.m.

Monday – Friday, 5 p.m. – 8 a.m., weekends and holidays

801-581-2396

801-587-7000

Ask for the radiation doctor on call

Rarely, a seed may come out in the urine. If this happens, it is usually within the first week after the implant. Do **not** touch the seed. Flush it down the toilet. Call the Radiation Oncology clinic to tell us this has happened.

Bowel problems. You may have more frequent bowel movements or diarrhea, which is loose, watery stools. Tell your care team if you have diarrhea. They can suggest foods and medicines to help. These tips may help with diarrhea:

- Wipe with alcohol-free baby wipes instead of toilet paper after bowel movements.
- Using a squirt bottle, rinse your anal area with water after each bowel movement.
- If your anal area gets sore or if you get hemorrhoids, sitting in a warm bath with water above the hips may help. Over-the-counter hemorrhoid products can also help.

When to call for help

Call your care team right away if any of these things happen:

- You have severe pain or bleeding.
- You can't empty your bladder.
- You have a fever higher than 100.3° F.

Monday–Friday, 8 a.m.–5 p.m.

Radiation Oncology Clinic

801-581-2396

After hours, weekends, and holidays

HCI Hospital Operator

801-587-7000

Ask for the radiation doctor on call. If you cannot talk to a doctor right away, go directly to the closest emergency department.