

## How to Prepare for Your Gold Seed Procedure with a Local Anesthetic

This handout offers information on how to prepare for your gold seed procedure. You will receive a **local anesthetic** (freezing) for your procedure. You can drive yourself and eat regular meals before and after your procedure.

You will be given these appointments to prepare for your procedure.

Your appointments	Date/Time	Location	What you need to do
Teaching appointment with the nurse	Date: _____ Time: _____	You will receive a telephone call	

### On the day of your procedure

You will be in the cancer centre for 2 to 3 hours.

Your appointment	Date/Time	Location	What you need to do
Your procedure	The receptionist will call you with this appointment. Date: _____ Time: _____	cancer centre, B1 level	Come to the cancer centre <b>1 hour before</b> your appointment time. Check in at one of the computers on the B1 level.

### Preparing for your procedure

Your rectum must be completely empty for this procedure. Follow all of the instructions below.

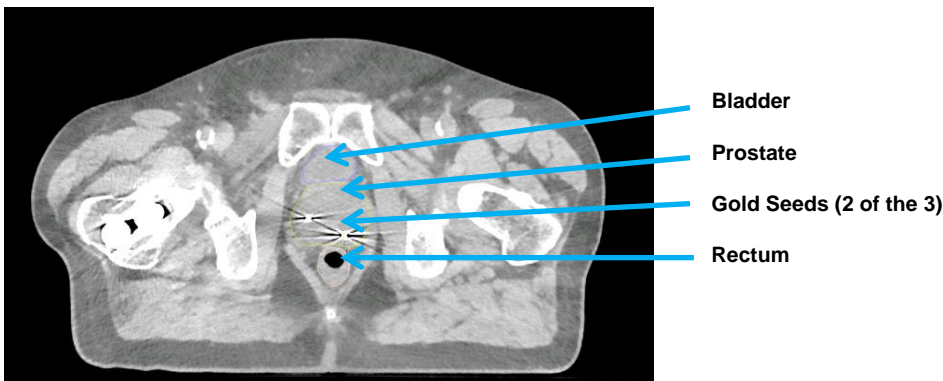
	Date/Time	What you need to do
		Stop taking blood thinning medications. Your radiation oncologist will talk to you about whether you need to do this.
<b>1 week before</b> your procedure		Buy a Fleet Enema from your pharmacy.
The <b>night before</b> your procedure		Take the antibiotic your radiation oncologist prescribed for you **This may not apply to you.
The day of your procedure	<b>2 hours before</b> your procedure <b>1 hour before</b> your procedure	Take the antibiotic your radiation oncologist prescribed for you**This may not apply to you. Take your regular medications (except for your blood thinning medications). Eat and drink normally. Give yourself the Fleet Enema (see 'how to give yourself a Fleet Enema' on page 2). Go to the B1 Level of the cancer centre. Check in at one of the computers. A nurse will come to the waiting room to get you.

## How to give yourself a Fleet Enema

1. Lie on your left side. Put your right leg over your left leg.
2. Remove the protective shield from the enema tip before inserting it.
3. Gently insert the enema tip into your rectum with a slight side-to-side movement.
4. Do not force the enema tip into your rectum. This can cause you injury.
5. Squeeze the bottle until most of the liquid is gone. The bottle may not be empty.
6. Remove the tip from your rectum.
7. Hold this position until your urge to have a bowel movement is strong. This will take about 2 to 5 minutes.
8. Wash your hands when you are done.

## What will happen on the day of your procedure

Gold seeds allow your team to see where your prostate is each time you have a radiation treatment. The gold seeds are not radioactive. They will stay in your prostate. Pictures of your pelvis (see example below) will be taken before every radiation therapy treatment.



You will have your Gold Seed Procedure in the Radiation Therapy department. Your radiation oncologist will put an ultrasound probe into your rectum. This allows your radiation oncologist to see your prostate. Needles will be put through your perineum (area between your scrotum and anus) and into your prostate. 3 gold seeds will be put into your prostate through the needles. The needles and the ultrasound probe are taken out after the seeds are put in.

## What will happen after you have your procedure

This procedure may make you feel uncomfortable. You may have some swelling of your rectal area. You may be given antibiotics and pain medications.

## What you can do after you have your procedure

- Take acetaminophen (also called Tylenol) for mild pain or discomfort you may have. Your radiation oncologist may also give you a prescription for a stronger pain medication.
- Wrap an ice pack or bag of frozen peas in a towel. Put it on your rectal area for 20 minutes at one time. You can repeat this up to 6 times a day while you are awake. This may help lessen your discomfort or pain.
- You can still have sexual intercourse.

**Go to the Emergency Department at the hospital closest to you if you:**

- Vomit for more than 6 hours
- Have shortness of breath
- Are not able to urinate
- Faint after your procedure
- Have a fever above 38.3° C/100.9°F at any time or above 38.0° C/100.4°F for more than an hour

**Next steps in your care and treatment**

The nurse will give you the information you need about your external beam radiation therapy appointments. You will be given a handout called "[Radiation Therapy for Prostate Cancer: How to Prepare for your MRI and CT Simulation Appointments](#)". You can also find this handout on the Cancer Care pages of the Lakeridge Health website at [lakeridgehealth.on.ca/en/ourservices/Radiation-Therapy-Patient-Education.asp](http://lakeridgehealth.on.ca/en/ourservices/Radiation-Therapy-Patient-Education.asp)

**If you have a problem or concern about a symptom or side effect from your cancer treatment:**

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 5 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to [www.carechart.ca](http://www.carechart.ca).
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the emergency department at the hospital closest to you for a medical emergency. Talk to any member of your healthcare team if you have questions or do not understand any of the information in this handout.

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