

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

This handout offers information on how to prepare for your gold seed procedure. You will receive a **general anesthetic** (a medication to put you to sleep) for your procedure.

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

Your appointment	Date/Time	Location	What you need to do
Blood work	Date: _____ Time: _____	cancer centre, main level	Check in at one of the computers on the main level. After you have your blood work done, go to the B1 level (lower level). Check in with the receptionist.
Teaching appointment with the nurse	Date: _____ Time: _____	cancer centre, B1 level	Check in at one of the computers on the B1 Level.
DRCC EKG			

### On the day of your procedure

You will be in the cancer centre for 3 to 4 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. It is important that you 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 this if it applies to you.
<b>1 week before</b> your procedure Date: _____		Buy a Fleet Enema from your pharmacy.

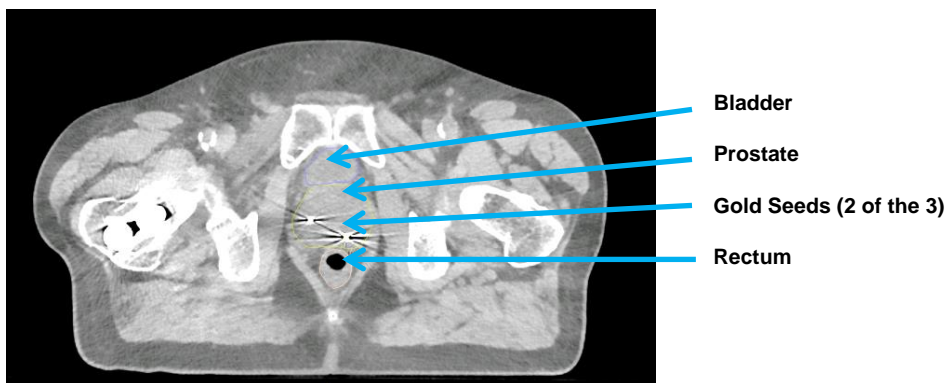
The day of your procedure Date: _____		If you are <u>diabetic</u> , bring your glucometer and diabetic medications with you to this appointment.  If you have <u>sleep apnea</u> , bring your CPAP machine to this appointment.
	<b>8 hours before</b> your procedure	Do not eat any food or drink any fluids before your procedure. Take your regular medications with a small sip of water.
	<b>2 hours before</b> your procedure	Give yourself the Fleet Enema (see 'how to give yourself a Fleet Enema' below).
	<b>1 hour before</b> your procedure	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 pre-lubricated 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**

You will stay in the recovery area after your procedure. A nurse will care for you during this time. This procedure may make you feel uncomfortable. You may have some swelling of your rectal area. You may be given antibiotics and pain medications. You may also have nausea (upset stomach), dizziness or headache for up to 24 hours after your procedure. This is normal. You need to empty your bladder and be steady on your feet before you can leave the cancer centre. You will need to have an adult with you when you leave the hospital.

### **What you can do after you have your procedure:**

- An adult will need to stay with you for 24 hours after your procedure.
- If you have mild pain or discomfort, you can take acetaminophen (also called Tylenol). 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 any discomfort or pain you have.
- 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 a member of your healthcare team if you have questions or do not understand any information in this handout.

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