

Example: Home Care Instructions After Intraluminal Esophageal HDR Brachytherapy

We will see you for your next appointment: _____

Diet (after the procedure):

- Progress your diet as tolerated. Please avoid foods that are spicy, highly acidic or foods that have sharp edges (such as chips or hard crackers).

Medications:

- Pain: You may have a sore throat and/or cough for the first few days after treatment. This is usually temporary and relieved with lozenges. You may also take acetaminophen (Tylenol or similar brands). If you have more severe pain, notify your physician
- Take your usual medications as ordered by your other physicians. If you have questions please ask.

Activity:

- Do not smoke
- Do not drive or drink alcohol for a minimum of 24 hours after your discharge if you received sedation or anesthesia

Call your physician or visit your local emergency room if:

- You have shortness of breath, chest pain or difficulty breathing
- You are coughing up or vomiting blood or blood clots.
- You have a temperature above 101 degrees.
- You feel particularly ill or have nausea and vomiting.
- You have pain not controlled by pain medications
- You have any other symptoms that are urgent or concerning

Contact Information:

- During business hours: _____
- After business hours: _____