

***This document serves as a sample set of discharge instructions after prostate HDR brachytherapy. Please adjust to your team's needs for your institution, and always follow treating physician orders.***

**(SAMPLE)**

## **Discharge Instructions after Prostate HDR Brachytherapy:**

### **Next steps:**

- Next procedure date \_\_\_\_\_ (or) Follow up appointment \_\_\_\_\_

### **Diet:**

- You may resume a normal diet at your own pace. Start with foods that are easy to digest and progress as tolerated.

### **Pain:**

- Sitz baths (or lukewarm water baths in a clean bathtub) can be very soothing after prostate HDR brachytherapy. Do not use bubble bath or bath salts.
- You may take acetaminophen (Tylenol) as directed for pain control
- You may also take \_\_\_\_\_ as prescribed for pain control, if your pain is not controlled by Tylenol.
- It is normal to have some bruising in the scrotum after prostate brachytherapy. If you develop increasing pain, redness or warmth in the scrotum, please notify your physician.

### **Urination:**

- Stay well-hydrated to promote urination
- Avoid acidic foods and drinks if you are experiencing burning while urinating
- You may take Pyridium (phenazopyridine) over the counter if needed for urinary burning. Please note this can turn your urine orange and can stain.
- You may experience some pink or slightly red-tinged urine in the days following prostate brachytherapy. If you are passing large clots, your urine becomes bright red, or if you are having difficulty emptying your bladder or it causing you pain, you will need to be evaluated immediately. See below for further information.

### **Bowels:**

- It is important that you avoid becoming constipated and straining to have a bowel movement.
- You can take over-the-counter stool softeners or drink prune juice to help prevent constipation.
- Your chances of becoming constipated are greater if you are taking narcotic pain medication.
- If you do become constipated, you may need to take an over-the-counter laxative, such as Sennakot or Milk of Magnesia.
- Stay well hydrated to help promote bowel movements

### **Antibiotic**

- Begin your antibiotic as prescribed. It is important that you take this antibiotic for the full prescribed course.

### **Activity:**

- No heavy lifting over 10 pounds until your post-operative appointment
- You should not drive for 24 hours after your discharge or if you are taking narcotic pain medication
- You should not drink alcohol for 24 hours after your discharge or if you are taking narcotic pain medication

**Please call or go to your closest emergency room if:**

- You develop bright red bleeding in your urine with large clots
- You develop a fever over 101F
- You have pain that is increasing or is uncontrolled
- If you are unable to urinate or your bladder is causing you significant pain

**If your symptoms are urgent or concerning, call 9-1-1 or go to your closest emergency room.**

**Contact numbers:**

Business hours: \_\_\_\_\_

After-hours: \_\_\_\_\_