

What to expect after your prostate brachytherapy implant

Information for patients

You will have been given information about the procedure prior to having your implant. This leaflet is intended to act as a reminder, to help you avoid possible complications and what to do if you have a problem.

You can expect to experience:

- mild soreness, bruising and discoloration in the perineal area between the scrotum and the anus
- blood in the urine and semen
- burning sensations when passing urine

Maintaining fluids and flow

After the implant procedure the prostate and urethra can become inflamed, causing some restriction of urinary flow and discomfort during urination. Drinking plenty of fluids (about two to two and a half litres per day of water or squash) can help to relieve this and can also reduce the risk of urine infection.

Both tea and coffee contain caffeine, which irritates the bladder and can have an effect on your urine output. It is advisable to restrict your intake of these until your urine irritations settle. Decaffeinated drinks are preferable.

If you are passing urine frequently during the night try reducing fluid intake a few hours before going to bed, and have sips of water if required during the night. A covered hot water bottle sometimes helps the discomfort when placed over the bladder area.

If you have to wait before urine starts to flow, having a warm bath or placing your penis into a bowl of warm water can help. You can also try increasing to two tamsulosin a day (unlicensed dose).

Pain relief

You may find you need to take a painkiller; ibuprofen is recommended, however, if these are unsuitable for you please discuss with your medical team. Contact your GP if a stronger painkiller is required.

Medications

You will be given one month's supply of tamsulosin (Flomax), however, you may need to continue taking this for three months or more until symptoms settle; please obtain a repeat prescription from your GP.

You will also be given a ten day course of antibiotics; there is no need to repeat this unless advised by your medical team.

Bowel problems

You may sometimes feel as though you are constipated. This could be the result of the swelling from the prostate. We encourage you to have a high fibre diet and extra fluids, to help keep your stools soft. Sometimes a stool softener may be required (Lactulose or Movicol); these should be prescribed by your GP.

Occasionally patients experience some increased frequency and looseness of bowel after this procedure.

Urine retention

If you feel a large amount of discomfort in your lower abdomen but are only passing a few dribbles or are unable to pass urine at all, you may be experiencing urinary retention. You should attend your local A&E department, as a catheter may need to be inserted.

On discharge after your implant procedure, you will be given a letter which should be handed into A&E if this should occur. Please then inform your consultant's secretary or specialist nurse/brachytherapy radiographer.

Follow-up appointments

You will have a CT scan four weeks following your implant and a clinic appointment on the same day. These scans allow us to ensure that the quality of our implants remain at a high standard. The scan does not involve a drink or injection. The scans do not let us know how effective the treatment is; this will be assessed primarily from your PSA blood test, which will be checked regularly.



Contacts

Uro-Oncology Nurse Specialist

☎ 01622 224021
☎ 07825 049206

Tuesday - Friday 9.00am - 5.00pm

Brachytherapy Specialist Radiographers

☎ 01622 225094
☎ 07703 971991

Monday - Friday 9.00am - 5.00pm

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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