



## Preparing for Radiation Treatment to Your Prostate - The Visicoil Implant Procedure

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This information pamphlet will provide you with information about the Visicoil implant procedure that you will have prior to your radiation therapy treatments.

Your prostate moves in your pelvis. The amount of water in your bladder and the amount of air or substance in your rectum will change the position of your prostate daily. The Visicoil markers are inserted so that we can see where your prostate is every day and to make sure we are on target every day.

During the procedure, two Visicoil markers will be inserted into your prostate. The coils are not radioactive. They are made from gold and allow us to see the location of your prostate. The gold Visicoil markers will remain in your prostate forever. To see the coils and the position of your prostate, an x-ray will be taken of your pelvis before each radiation treatment. Small adjustments can be made on the treatment unit based on the position of your prostate (Visicoil markers) for each treatment.





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### Preparation for the Procedure

#### **2 Weeks before the Procedure:**

- Stop taking aspirin, ibuprofen or aspirin-containing medications.
- Purchase a microlax enema from the pharmacy.
- Arrange for a drive to and from the hospital the day of your appointment.
- Arrange to have someone stay with you overnight for the first night after the procedure.

#### **The Night before the Procedure:**

- Start taking the antibiotics prescribed by your doctor.

#### **On the day of the Procedure:**

- Have nothing to eat or drink **4 hours before** the procedure.
- Perform the microlax enema **1 to 2 hours before** the procedure.
- Please leave all valuables at home.
- Register in the main lobby (Level 1) before going to the Oncology Clinic.

- Check in at the front desk in the Department of Oncology (Level 1) and state “you are here for Visicoil implants for brachytherapy”.
- Please arrive 15 minutes prior to your appointment.
- Wear loose fitting pants.

### **The Procedure:**

**Please bring your pill bottles or a list of your medications with you. Inform us of any allergies.**

You will be asked to dress in a hospital shirt and you will have an i.v. started by the nurse. An I.V. is used to deliver fluids or medications through the veins in your body.

### **During the Procedure**

- The Doctor will give you a sedative before the procedure to help with pain, anxiety, and discomfort. You will remain awake for the procedure.
- The Doctor will insert an ultrasound probe into the rectum to see the prostate.
- A tiny Visicoil marker will be released from the tip of the needle into your prostate and the needle will be removed.



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- Once you are positioned on the treatment bed, two sterile needles will be inserted through the area between the scrotum and anus and into the prostate.

The procedure takes about 15 minutes. The preparation and recovery time is an additional 2 hours. Please plan to be with us for 2 to 3 hours.

### **After the Procedure:**

- You will remain with us under the supervision of a nurse for 1 hour.
- You will need to empty your bladder and be able to walk well before you can leave.

### **Side Effects:**

- You may experience discomfort and mild swelling in the area of the needle insertion, the area between the anus and scrotum.
- You may experience some nausea, dizziness, or headache from the medications given for up to 24 hours.
- A small amount of blood may be seen in your urine for a few days.

### **What to Do?**

- Take Advil or Tylenol for pain. For severe pain, contact your doctor or go the nearest Emergency Room.
- An ice pack (or bag of frozen peas) can be used to relieve any discomfort.
- Sexual intercourse can continue.
- Do not drive for 24 hours after the procedure.
- No heavy lifting for 48 hours after the procedure.
- In case of difficulties, have someone stay with you over night following the procedure.



### **Clinic Information**

For further information contact the Radiation Oncology Nurse.

Tel.: 506-648-6830

Please leave a message and we will call you back.

Hours of operation: Monday to Friday 8am to 4pm