

# Preparing for Your: MRI-Guided Prostate Procedure

## For patients and families

Read this pamphlet to learn about:

- How to prepare
- What to expect during an MRI procedure
- What to expect when you go home
- When to get medical help

Name: \_\_\_\_\_

MRN (Medical record number): \_\_\_\_\_

### You have been scheduled for treatment on:

Date: \_\_\_\_\_ Check-in time: \_\_\_\_\_

Location: Reception Desk, In-patient Unit, 18th Floor (side B), \_\_\_\_\_

Princess Margaret Cancer Centre \_\_\_\_\_



## **You will have one of these procedures:**

- Biopsy of the prostate gland **only**
- Brachytherapy (HDR treatment) of the prostate gland **only**
- Brachytherapy (HDR treatment) **and** biopsy of the prostate gland

All the procedures are all done using an MRI.

You will be under general anesthesia (asleep) and not feel any pain.

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## **What pre-admission tests do I need?**

Since your procedure will be done under a general anesthetic, you will need to do some pre-admission tests. The tests include:

- blood tests
- ECG
- chest x-ray at Princess Margaret Cancer Centre

The test results help your health care team decide if you need to see an anesthesiologist. We will contact you if you need an appointment or any other tests.

## What happens at the anesthesia appointment?

- You will review how and when to take your medications.
- The anesthesiologist will take your medical history and may do a physical exam to see if you need more tests before your procedure.
- This appointment can take up to 2 hours.

The appointment can be at Toronto Western Hospital or Toronto General Hospital:

<b>Toronto Western Hospital</b> 399 Bathurst St. Pre-Admission Dept. Main floor (Room 406) Use Nassau St. entrance	<b>Toronto General Hospital</b> 585 University Ave. Pre-Admission Dept. Main floor (Room 400) Eaton Wing South Use University Ave. entrance
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## How do I prepare for the procedure?

**Do this the night before your procedure:**

Date: \_\_\_\_\_

- Take the first dose of antibiotic called ciprofloxacin (cipro) that your doctor prescribed.
- Do not eat or drink anything after midnight the night before your procedure.

## Do this the day of your procedure:

Date: \_\_\_\_\_

Go to the Reception Desk, In-patient Unit,  
18th Floor (side B), Princess Margaret Cancer Centre at \_\_\_\_\_

- ✓ Reminder: Do NOT eat or drink anything until after your procedure is over.
- ✓ Before you leave home in the morning, use a rectal fleet enema. Follow the instructions on the package.
- ✓ Take the second dose of antibiotics the morning of the procedure with a small sip of water.
- ✓ Bring the medicines you are taking.
- ✓ Bring your health card (OHIP).
- ✓ Leave any valuables or jewelry at home.
- ✓ If you use a C-PAP machine, please bring it to the hospital with you.



- Please tell your radiation oncologist if you are taking blood thinners.

We will give you specific instructions before your procedure.

## **What happens when I am admitted to the hospital?**

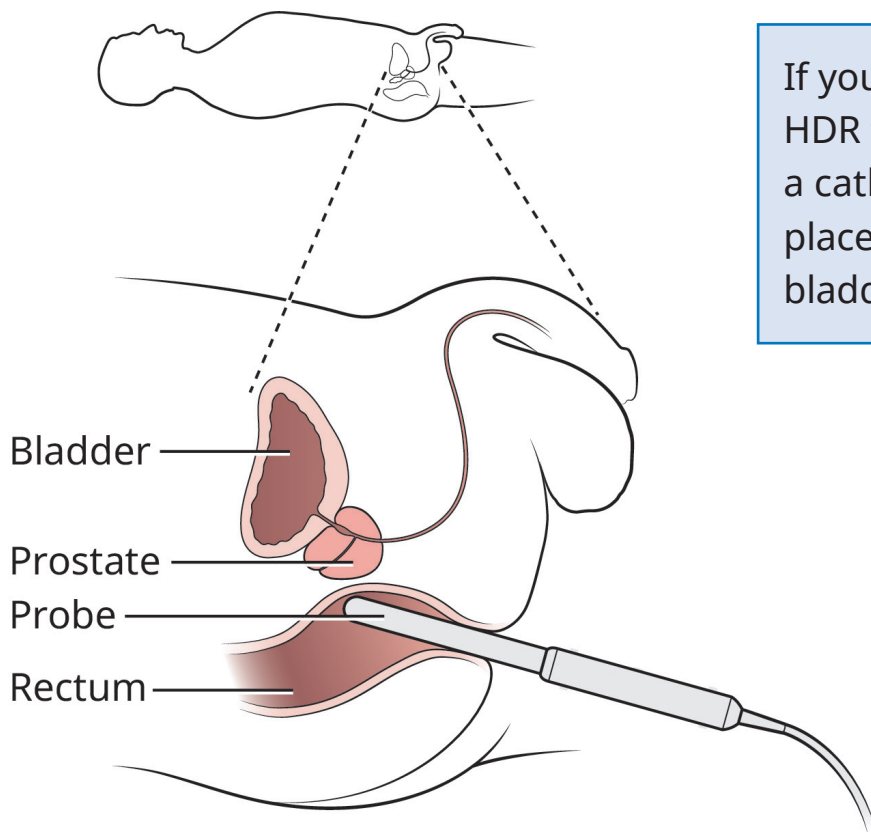
- Do not bring any valuables to the hospital.
- Check in at the Inpatient unit 18B where you will be checked in by a nurse.
- You will be asked to remove contact lenses, dentures, all clothing, jewelry and any metal objects.
- You will be asked to put on a pair of compression stockings.
- We will help you prepare for your procedure and take you to the procedure room.

## **What to expect during a Magnetic Resonance Imaging (MRI) procedure**

An MRI machine uses a strong magnet to create detailed images. These images will help the radiation oncologist position the needles into your prostate.

## What happens in the procedure room?

1. You will lie down on the procedure table.
2. A nurse puts an intravenous (IV) in your arm. The IV goes into a vein in your arm so you can receive general anesthetic medicine that helps to keep you asleep during the procedure.
3. A tube is placed in the back of your throat that delivers oxygen and general anesthetic gas.
4. A probe will be placed in your rectum so your prostate can be seen clearly in the MRI images.



If you are having HDR treatment, a catheter will be placed in your bladder.

## Your MRI-guided procedure

(You will have one of the following procedures):

### 1. Biopsy of the prostate gland only.

The radiation oncologist will remove small samples of your prostate using a “biopsy gun”. These samples will be sent for analysis.

**2. Brachytherapy (HDR treatment) of the prostate gland only.** The radiation oncologist will place plastic catheters (tubes) in your prostate so that the radiation is delivered to the specific area of the prostate. When treatment is over, everything will be removed before you wake up.

### 3. Brachytherapy (HDR Treatment) and biopsy of the prostate gland.

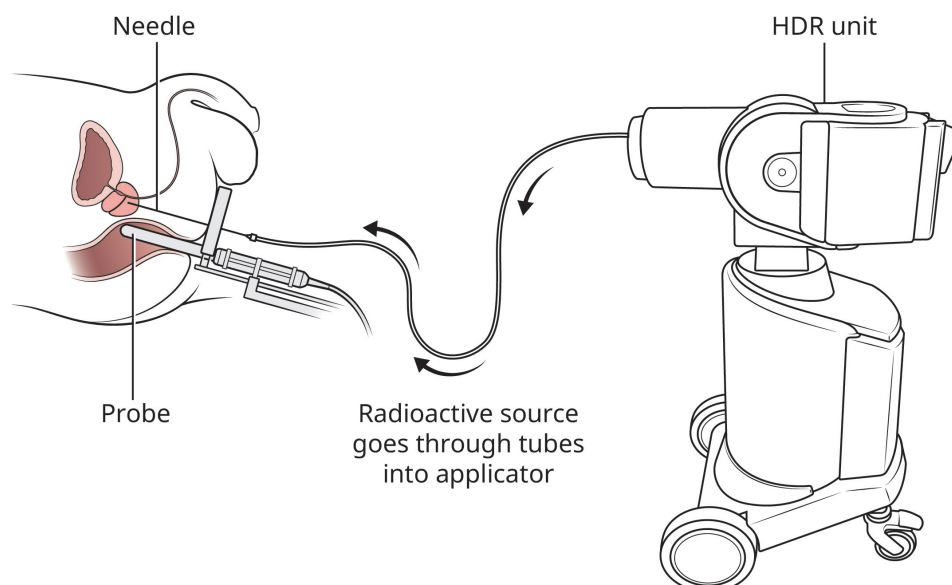
A combination of 1 and 2.

## For patients having brachytherapy (HDR treatment)

Brachytherapy (also called internal radiation) uses radioactive material that is in a sealed container. The treatment machine that stores the radioactive material is called an HDR unit or “high dose rate” unit.

The needles in your prostate are attached to the treatment machine by connector tubes. The connector tubes allow the radiation source to travel into each needle.

This picture shows the HDR unit and radioactive sources traveling through tubes to the applicator



## **What happens when the procedure is over?**

- We will take you to the recovery room. You stay there until the anesthesia wears off. Then you will return to the 18th floor.
- A nurse will remove your IV.
- You will remove the compression stockings before you go home.
- You will probably go home the same day, but you must be able to urinate (pee) without difficulty before you can be discharged.

## **How do I prepare to leave the hospital?**

- Someone must drive you home.
- Keep taking your antibiotics as prescribed until they are finished. It's important to take them because they can prevent infection.
- Do not drive or operate any machinery for 24 hours after your implant.
- Avoid doing any heavy physical activities for at least 48 hours such as shoveling snow or lifting weights.



## Recovery at home

### **What are the possible side effects?**

Some of the side effects listed below are temporary and can last from a few days to a few weeks. Other side effects can last up to 2 to 6 months.

### **For patients who had biopsy only:**

- Tenderness and bruising of the perineum and scrotum for 1 to 2 weeks
- Blood or clots in your urine for the first 24 to 48 hours, however it can be normal to see blood in your urine up to 4 weeks

### **For patients getting HDR treatment, you may have the side effects above, and also some from the list below:**

- Discomfort or a burning feeling when you pass urine (pee)
- A feeling that you need to urinate frequently
- Mild pain or the feeling that you can't pass urine freely
- Feeling of a strong need to urinate
- Trouble emptying your bladder or your stream is weak



### **Go to the nearest emergency department if:**

- You have signs of infection such as fever (temperature higher than 38 °Celsius) and chills
- You cannot pass urine (pee). If this happens, we may need to insert a catheter into your bladder temporarily
- Pain or swelling in your abdomen (belly)

## **What medicines can I take to manage my side effects?**

Your radiation oncologist may prescribe medicine to help with your symptoms after the procedure.

- **Flomax (tamsulosin)** – Take one pill at bedtime. This may help you urinate more easily.
- **Acetaminophen** can be taken for pain, if needed.

## **When can I do my usual activities again?**

- You can do your usual activities again a few days after your procedure.
- Avoid heavy lifting or strong physical activities such as shoveling snow, mowing the lawn or extreme sports for the first few days. You may see some blood in your urine after doing heavy activities.

## When can I have sex again?

You can have sex again whenever you feel ready.

It is normal for your first few ejaculations to be uncomfortable. The semen may be dark brown, black or red. It happens because of where the needle was placed in the prostate.

## What can I eat and drink after my procedure?

- Eat healthy foods from all the food groups to help you heal and recover.
- Drink 8 to 10 cups of liquids every day to help relieve some of the side effects you have, like constipation.
- Avoid foods and liquids that can irritate the bladder. They can make you urinate often, feel discomfort when you urinate and have a slower urinary stream.

### **Please see the list of foods and drinks that are acidic and may irritate the bladder.**

A dietitian can also give you advice about what foods to eat. Your radiation therapists or oncology nurse can schedule an appointment for you and your family with a dietitian.

<b>Drinks to avoid</b>	<b>Foods to avoid</b>
<ul style="list-style-type: none"><li>• alcoholic drinks</li><li>• caffeinated drinks such as tea and coffee</li><li>• carbonated drinks such as cola</li><li>• citrus fruit juices such as orange juice</li></ul>	<ul style="list-style-type: none"><li>• chilies and spicy food</li><li>• citrus fruits such as oranges and lemons</li><li>• pineapples, strawberries, plums and bananas</li><li>• chocolates</li><li>• pickles</li><li>• pickled foods such as pickled herrings</li><li>• mayonnaise and sour cream</li><li>• aged cheese such as cheddar</li><li>• onions and tomatoes</li></ul>

## **Will I be radioactive?**

You are not radioactive at any time and there will not be any radiation in your body when the treatment is finished. It is safe to be around other people, including children and pregnant women.

## **When will I see my oncologist?**

My follow up appointment date: \_\_\_\_\_

## **Who to call if you have questions:**

My radiation oncologist: \_\_\_\_\_

Phone: 416 946 2000 (ask for your oncologist's office)

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Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: [pfep@uhn.ca](mailto:pfep@uhn.ca)

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