

## **INFORMATION SHEET**

### **Fiducial Marker (Gold Seeds)**

Tiny gold seeds measuring 4 mm x .5 mm that show up on x-ray are now being used by Radiotherapists to improve the accuracy of radiation delivery.

It involves the examination of the prostate by an ultrasound probe inserted into the rectum. After local anaesthetic has been injected three needles are inserted and the gold seed markers are placed within the prostate. This procedure is uncomfortable but not usually painful, similar to the prostate biopsy procedure.

Allow a total appointment time of 30 minutes, although the procedure itself normally takes 10 minutes.

### **Before the Procedure**

1. Do not take Aspirin or anti-inflammatory medications 7 days before the operation. This will reduce the risk of bleeding.
2. Please advise your doctor if you are taking Warfarin or any blood thinners as he will need to discuss this with you.
3. A single antibiotic tablet (Ciproxin) is used before and after the procedure to significantly diminish the risk of infection.
4. A microlax enema may be used prior to the procedure as ordered by your doctor.

### **ANTIBIOTIC (CIPROXIN) TABLETS**

- **You will be supplied with two antibiotic tablets**
- **The first tablet should be taken about one and a half hours (90 minutes) before your appointment. You should have nothing to eat for two hours before and after your tablet. You may drink water if you are thirsty**
- **It is important to take this first tablet correctly as you will then have a high level of antibiotic throughout your body at the time of the test. Following these instructions carefully provides a high level of protection against infection**
- **It is very important for you to take your second Ciproxin (antibiotic) tablet approximately two hours following your evening meal. After your evening meal only drink water if you are thirsty.**

### **During the Procedure**

1. You will be escorted to theatre and asked to change
2. The procedure is carried out with you lying on your left side in a similar position to the prostate biopsy procedure. A nurse will be in attendance looking after you throughout the procedure.
3. The ultrasound probe is then inserted into your rectum
4. Local anaesthetic is injected around the prostate to make the procedure more comfortable.
5. The three gold seed markers are then inserted into your prostate.
6. It is important to lie as still as possible and let the doctor know if the procedure is painful.

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### After the Procedure

1. **In the event of an emergency, please contact the practice on 08 82231472 between 9am and 5pm or telephone your doctor after hours (number in the telephone book).**
2. A sick certificate will be arranged if requested.
3. Limit your activities, particularly stressful ones, for 24 hours. Staying off your feet until the next morning is probably a good idea.
4. You should be able to resume normal activities the next day.
5. Refer to your Radiotherapy Information Sheets for further instructions regarding your radiotherapy treatment plan.
6. As part of our quality program, you will be asked to complete a post operative questionnaire.

### **RISKS AND COMPLICATIONS**

1. **Infection**—If, within 24 hours, you feel quite ill with a headache, sweating, fevers, chills, painful testicles or problems passing urine, you will need to contact your Urologist immediately as you will require admission to hospital for further treatment with antibiotics. These symptoms occur in less than one percent of patients, but should be reported to your doctor immediately
2. **Bleeding**—you may experience blood in your urine, bowel motion or semen and this will gradually subside over the next few days and rarely causes a problem. If bleeding persists or is very heavy, contact your doctor. Rarely bleeding in the rectum can cause marked swelling and a haematoma. Usually this settles with time.
3. **Difficulty or inability to urinate**—This can occur due to swelling around the prostate and may very rarely lead to a complete blockage of urine flow. If this occurs contact your doctor as soon as possible.
4. **Pain and Discomfort**—you may experience discomfort in the rectum or base of the penis. This is very common and should settle in 24-48 hours.
5. **Epididymitis** — an uncommon condition involving the larger tube behind the testicle becoming inflamed and swollen. May require antibiotics or anti-inflammatory medication.
6. **Allergic Reaction**— very rarely as a reaction to the local anaesthetic some men may experience itching or hives.

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