

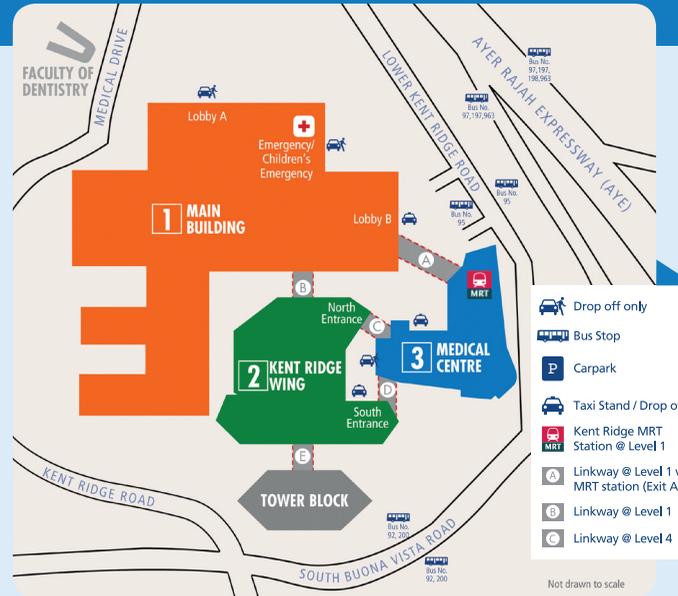
YOUR RADIATION TREATMENT TEAM

- **Radiation Oncologist** – specialises in using radiation to treat cancer.
- **Radiation Physicist** – ensures that the treatment equipment delivers the right dose of radiation and is functioning accurately; involved in the dose calculations of treatment.
- **Radiation Therapists** – carries out the CT scan procedures; operates the brachytherapy machine that delivers the radiation.
- **Nurses** – coordinates your care and counsels you on how to manage your insertion site as well as addresses your concerns about your treatment.



Information is correct at the time of printing (Jan 2017) and subject to revision without notice. All information is intended for educational purposes only and should not be used as a substitute for consultation with your doctor.

LOCATION AND CONTACT DETAILS



NATIONAL UNIVERSITY CANCER INSTITUTE, SINGAPORE (NCIS)

Outpatient Facilities	Level @ NUH MC
Radiation Therapy Centre	8
Breast Care Centre	8
Viva-University Children's Cancer Centre	9
Stem Cell Therapy Centre	9
Chemotherapy Centre	9
Cancer Centre	10

(65) 6773 7888*

(65) 6777 4413

CancerApptLine@nuhs.edu.sg

www.ncis.com.sg

www.facebook.com/NationalUniversityCancerInstituteSingapore/

CancerLine: Free, confidential counselling service

(65) 9722 0569*

CancerLineNurse@nuhs.edu.sg

*Mon - Fri (Except Public Holidays): 8.30am - 5.30pm



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**National University
Cancer Institute, Singapore**
A member of the NUHS



A GUIDE TO
PROSTATE
BRACHY THERAPY
Patient and Family Information

DAY OF INSERTION



HDR Brachytherapy is a form of internal radiation therapy that is used in combination with external beam radiation therapy. It can be used as part of a treatment programme that comprises of three separate therapies: Hormone Therapy, External Beam Radiation Therapy and HDR Brachytherapy or as the only form of treatment in patients with early stage prostate cancer.

Hormone Therapy can slow the cancer's growth and reduce the size of the tumour. This can lessen some of the symptoms of the disease and / or make the tumour more responsive to other treatments. It usually begins two months before external beam radiation therapy.

External Beam Radiation Therapy (EBRT) is delivered using a machine (usually a linear accelerator) that emits a high energy x-ray beam that is targeted at the cancer. The treatment is given in daily sessions once a day, five days a week over a five-week period, to minimise damage to normal tissue. If you require EBRT, you will be scheduled to start HDR Brachytherapy one week after the completion of five weeks of EBRT.

HDR Brachytherapy is the temporary placement of a radioactive source (Iridium 192) directly into the prostate via multiple catheters. HDR brachytherapy aims to maximize the dose of the radiation directly to the prostate while sparing the bladder and rectum.

When used in combination with EBRT and hormone therapy, the treatment is given in one session with an overnight stay for observation. In cases where HDR Brachytherapy is the only treatment, patients receive three doses of treatment given over two days and are required to stay two to three nights in the hospital.

PREPARATION BEFORE BRACHYTHERAPY (catheter insertion)

Bowel preparation

- Take two tablets of Docolax at 9pm on the night before insertion.

Fasting preparation

- Do not consume any food and snacks after 12 midnight on the night before insertion.
- Do not consume any drinks, especially those containing milk products (e.g. soya bean milk, milo, horlicks, coffee with milk) and alcohol after 12 midnight on the night before insertion.

Medication

- If you normally take cardiac (heart), antihypertensive (blood pressure), bronchodilator (breathing) medications in the morning, take these medications as usual with sips of water before 6am.
- If you are diabetic and on medication, do not take medicine / administer injection for diabetes on the day of insertion.
- If you are asthmatic and are on inhaler puff, please bring along your inhaler medicine.
- If you are on any other medication, consult your doctor on whether you should continue with the medication.

ON BRACHYTHERAPY DAY

Admission

Report to the Day Surgery department Medical Centre at level 11:

Date _____ Time _____

In the Day Surgery Room (insertion takes about 1 hour)

- You may receive a general or local spinal anaesthesia, leaving you temporarily numb from the waist down.
- You may receive medication through an intravenous line that will make you feel drowsy.
- An ultrasound probe will be inserted into your rectum to image the prostate on a television monitor.
- Your doctor will commence the insertion of 16 plastic needles through the skin between your scrotum and your anus into your prostate one by one.
- Your doctor may temporarily insert a tube into your bladder to drain urine.



AT THE RADIATION THERAPY CENTRE

Computed Tomography Simulation (takes about 30 minutes)

- A CT scan will be done to verify and confirm the catheters' placement.

Treatment Planning Calculation (takes about 1 hour)

- Your scanned images will be transferred to the Brachytherapy Planning System for the calculation of treatment doses.
- You will be alone in the room during the delivery of radiation. However, you will be monitored via a closed circuit monitor and able to communicate via voice intercom throughout the session with your treatment team.
- You will not feel any pain or heat during the treatment, but you may hear a buzzing sound, which indicates that the radiation has commenced. It is important that you keep still, relax and breathe normally throughout the treatment procedure.
- The radioactive source will withdraw from the catheters and return back to the machine at the end of each treatment.
- All the catheters can be removed easily during the last session of treatment.