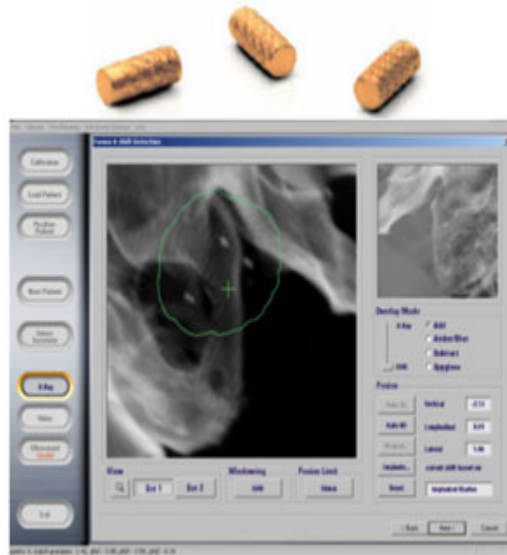


PROSTATE FIDUCIAL MARKER SEED PLACEMENT

This information is offered with the intent of answering some of the questions you may have about your upcoming prostate fiducial marker seed placement procedure.

The purpose of the marker seeds is to assist your radiation oncologist in localizing the prostate gland prior to each of your radiation treatments. This is often referred to as image guided radiation therapy (IGRT). By using the marker seeds you can clearly see the prostate on daily imaging which enables your doctor to perform advanced radiation treatments with confidence. **These seeds are NOT radioactive.**

The marker seeds are made of gold or platinum and will stay in the prostate permanently. They are smaller than a grain of rice. Leaving the marker seeds in the prostate gland will not hurt or harm your body in any way.



This is an example of what the gold marker seeds look like (image has been enlarged). There is also an example of an X-ray image how the fiducial seeds appear within the prostate. Visualizing these seeds prior to your treatment will allow us to make any adjustments in your set-up prior to delivering your treatment.

SPEAK WITH YOUR RADIATION ONCOLOGIST IF YOU:

- Take an anticoagulant (blood thinner) such as:
 - Heparin
 - Warfarin (Coumadin®)
 - Dalteparin (Fragmin®)
 - Clopidogrel (Plavix®)
 - Rivaroxaban (Xarelto®)
- Have any heart conditions
- Are allergic to the antibiotic ciprofloxacin (Cipro®)
- Are allergic to latex, lidocaine, gold or platinum

PREPARATION BEFORE YOUR PROCEDURE:

- A member of our nursing staff will contact you 1 week before your procedure to review medications and allergies, give you instructions on how to prepare for this procedure, and answer any questions you may have. You will also have the opportunity to speak with the physician performing the procedure when you arrive on the day of your appointment.
- **5 days** before your procedure stop taking (**unless otherwise instructed**):
 - Aspirin
 - fish oil
 - Vitamin E
 - ibuprofen (Advil® or Motrin®)
 - naproxen sodium (Aleve®)
- You will be given a dose of the antibiotic Cipro at the time of your appointment. If you are allergic to Cipro, another medication may be given.
- You will need to perform a fleets enema before your procedure. If your procedure is early in the morning (before 9am), you may do this enema the night before. If your procedure is after 9am, do the enema this the morning of the procedure. Fleets enemas may be purchased over-the-counter at your local pharmacy.
- You may eat a light breakfast the morning of the procedure.
- If you do wish to take an oral medication to help you relax (Ativan), you must discuss this with the nurse ahead of time, arrive one hour before the scheduled procedure time, have blood pressure within normal limits (we will check your blood pressure upon your arrival), and have someone over the age of 18 to drive you home. **You will NOT be allowed to leave by yourself or drive for the remainder of the day.** If you do not wish to take this medication, you will be able to drive yourself to and from this appointment without having someone with you.

→ You will need to have a comfortably full bladder for the CT scan that follows this procedure.

GETTING TO YOUR PROCEDURE:

Your procedure will take place at the following location:

UCLA Radiation Oncology Clinic
200 UCLA Medical Plaza, Suite B265
Los Angeles, CA 90095
Phone: (310)794-9772 if you have any problems locating us

You may access the UCLA parking ramp from Westwood Blvd or from Gayley Ave.

Once you are in the 200 UCLA Medical Plaza, take the main elevators (NOT the elevators in the parking garage, but the elevators within the lobby of the building) to the lowest level B2. These elevators will put you directly in front of the check-in desk for Radiation Oncology. Check in with a front desk team member and have a seat in the waiting room.

IMPLANTATION OF PROSTATE FIDUCIAL SEEDS

You will be called in by the nurse. Your vitals and weight will be taken and you will be put in an exam room to speak with the physician performing your procedure. Once all of your questions have been answered, you will be asked to sign a consent form. If you wish to take a medication to help you relax, it will be given to you at this time. The medication is in the form of a pill, so it will take about 45 minutes to take effect. During this time you will be allowed to remain in the room with the person accompanying you. You may find you wish to have a book or something with you.

You will also be given a dose of an antibiotic prior to the procedure. This dose is one-time only, you will not be required to get a prescription to continue taking it after the procedure.

When it is time for your procedure to begin, you will be taken to a different room within the clinic.

You will be placed on an exam chair with your legs up in stirrups. The radiation oncologist will use local anesthetic (lidocaine) to numb the area around the prostate. This anesthetic is similar to the numbing medicine you get at the dentist's office. An ultrasound probe will be placed into your rectum. Three marker seeds will then be placed within the prostate through ultrasound based needle guidance. The seeds are NOT placed through the rectum, but through the skin on the outside of your body between the scrotum and the rectum.

On average, this procedure takes 20-30 minutes.

You will typically have a CT scan of your prostate after the prostate fiducial seeds have been inserted, unless another plan of care has been created for you by your doctor. This CT scan takes place in the same department as the fiducial seed procedure. Remember to have a comfortably full bladder for the CT scan. Once the CT scan is complete, the calculations and targeting for your radiation treatments can begin. Your radiation treatments will begin once the calculations are completed, which is usually about one

week. You will coordinate scheduling your radiation treatments with your main radiation oncologist, not the physician performing the fiducial seeds.

POSSIBLE SIDE EFFECTS FROM THE PROCEDURE:

This procedure is very well tolerated in the majority of men. About 1/3rd of patients will develop a temporary symptom that they did not have prior to this procedure with the most common being:

- increased urinary frequency
- small amounts of blood in the urine
- slight burning with urination
- blood in the ejaculate

In about majority of the cases these symptoms will subside within 2 weeks. There is a very low risk of a significant side effect such as an infection that could lead to sepsis (an infection that enters your bloodstream).

Reference:

Gill S, Li J, Thomas J, et al. Patient-reported complications from fiducial marker implantation for prostate image-guided radiotherapy. *The British Journal of Radiology*, 85 (2012), 1011-1017.

CALL YOUR DOCTOR OR GO TO YOUR CLOSEST EMERGENCY ROOM IF YOU DEVELOP:

- Bright red blood or large clots in your urine
- Pain that is increasing in severity
- An inability to urinate
- A temperature of 101° F (38.3 °C) or higher
- Shaking chills

If you need to speak with a nurse during working hours, please call the clinic at 310-794-9772 (medical questions only). For scheduling and general questions, please call our main line at (310)825-9775. In the event of something urgent after business hours, you may call the UCLA page operator at 310-825-6301 and ask for the radiation oncologist on call. In the event of a life-threatening emergency, please go to your closest emergency room or dial 9-1-1.