

Tays / cancer treatment

Placing markers on the prostate and dose planning scan

Placing the (gold) markers

So-called gold markers will be implanted in your prostate to accurately target radiotherapy.

You will be given an antibiotic to prevent infections which the radiologist will give to you at the first appointment. You take the antibiotics 1 hour before the gold markers are placed.

When you come to the appointment where the markers are placed, it is important that your bowel is empty, because a full bowel prevents visibility to the prostate. If the patient does not have regular bowel movements, they must start taking orally administered constipation medication, e.g. Pegorion® or Levolac®. The medication must be started 2–3 days before the implanting of the markers.

Post-implant symptoms

After the markers are in place, you may notice blood in your urine, semen or stool. Drink plenty of water (about 1.5–2 litres a day) or diluted juice for a few days after the procedure. This makes your body produce more urine and alleviates the symptoms.

Avoid strain and going to the sauna on the day of the procedure. You can continue your sex life normally.

Mild lower abdominal pain and bleeding may occur for 1–2 days. You may find blood in semen for up to 2–3 months.

The marker implants may have these rare adverse effects:

- urinary tract infection
- high, sudden rise in temperature
- inability to urinate
- heavy rectal bleeding or heavy bleeding when urinating

in this case, contact your health centre or the nurse at the radiotherapy clinic immediately; tel. 03 311 63140.

Dose planning scan

It is important that the bowel is empty of faeces and intestinal gas for a successful planning scan. If the patient does not have regular bowel movements, they must start taking orally administered constipation medication, e.g. Levolac® or Pegorion®. The medication must be started 2–3 days before the dose planning scan.

The bladder should be comfortably full so that the patient is able to hold it for about 20 minutes, i.e. for the duration of the scan.

In the future, these same instructions apply to each radiotherapy session.