



Stereotactic Body Radiation Therapy (SBRT) to Your Prostate

This handout offers information on having SBRT to your prostate. It is important to read this handout to help you prepare for your SBRT appointments.

SBRT is a type of radiation treatment that uses focused radiation beams to treat cancer. The beams come from different angles and give a high dose of radiation to your prostate while helping protect healthy tissue close to it. Your radiation oncologist decides how many SBRT prostate treatments you need. Most people need 5 SBRT prostate treatments. The treatments are usually booked over 2 weeks.

After each radiation treatment, it is safe for you to be around other people (including children) and pets. You are not radioactive.

Gold seed procedure

You will be scheduled for a gold seed procedure before your CT simulation appointment. Your healthcare team will provide you with information and a handout to help you prepare for this procedure.

3 gold seeds are placed into your prostate during this procedure. The gold seeds allow your team to see where your prostate is each time you have a radiation treatment. The gold seeds are not radioactive. They stay in your prostate.

After your gold seed procedure, you will be scheduled for a CT simulation appointment. Your radiation oncologist may also order an MRI for you. These tests will be used to plan your radiation treatments.

Your CT simulation appointment

You need to have an empty rectum and full bladder for your CT simulation and MRI appointments. You will be given the information you need about this.

During your CT simulation, you will have a CT scan in the same position you will be in for radiation treatment. This CT scan will be done by radiation therapists. During this appointment a custom cushion will be made for you (see picture # 1). This cushion is used to help you stay in the same place during treatment. You cannot move as this will prevent your treatment from being given correctly. Before your treatment, the healthcare team will help you lay back on the table and on the cushion. Let the team know if you are not comfortable in this position so they can help you get into a better position.



Picture #1. This picture shows the custom cushion that will be made for you during your CT simulation appointment.

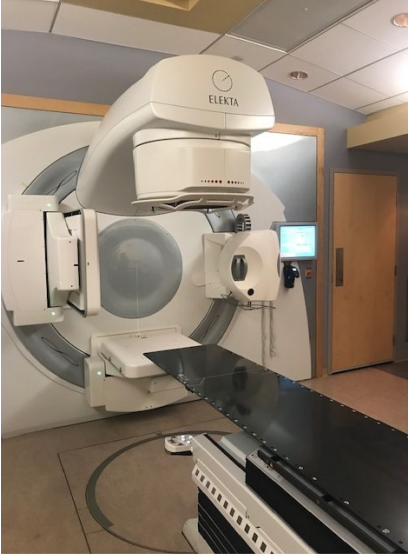
You will be given small tattoos (markings made with a needle) at this appointment. These tattoos are permanent and are the size of a mole or freckle. These tattoos will be used to position you for your radiation treatments.

Your radiation treatments

Radiation treatments do not hurt. Your tattoos are used by the healthcare team to position you on the treatment bed and onto your cushion. It is very important you do not move once you are in the right position. This will make sure the treatment is given correctly. The treatment takes about 20 minutes to complete.

You may want to take pain medication (acetaminophen or ibuprofen) before your radiation treatment appointments if you normally have muscle or bone pain. This may help you be more comfortable during your treatments.

It is important your healthcare team finds the exact position of your prostate before and during each treatment. X-ray images will be taken to verify the position of your prostate. Changes to your position will be made if needed. The treatment bed you are lying on may move a little if changes are needed.



Picture #2. This picture shows the type of radiation machine that is used to give your treatment.

Preparing for your radiation treatments

You will be given the “[Radiation Therapy to the Prostate](#)” handout at your CT simulation appointment. This handout offers the information you need to prepare for radiation treatments. It also includes information on the possible side effects and how you can manage them.

Your prostate is located close to your rectum and bladder. It moves around in this area of your pelvis. It is important it stays in the same position for your radiation treatments. Having a comfortably full bladder and empty rectum helps keep your prostate in the same position. You will be given information and a handout on what you need to do. Talk to your healthcare team if you have questions or concerns about this.

You can find more information in the Canadian Cancer Society’s booklet “Radiation Therapy: A Guide for People with Cancer” found at cancer.ca under publications.

If you have a problem or concern about a symptom or side effect from your cancer treatment:

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 4 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to carechart.ca.
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the Emergency Department at the hospital closest to you for a medical emergency. Talk to a member of your healthcare team if you have questions or do not understand any of the information in this handout.

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