

After Your HDR Prostate Brachytherapy Procedure

This handout offers information on what to do after your HDR prostate brachytherapy procedure(s). After your procedure treatment(s), it is safe for you to be around other people (including children and pets). You are not radioactive.

You may have:

- Mild pain and/or mild swelling where the needles were put in (between the anus and scrotum).
- Bruising and/or some colour changes in your genital area.
- An upset stomach, dizziness, or a headache for up to 24 hours.
- Discomfort ejaculating for a short period of time after the procedure.
- Blood in your ejaculate (semen). The blood you see may be red or brown in colour. This may last for up to 6 weeks.
- Less ejaculate (semen) than you had before your procedure.
- A small amount of blood from your penis or in your urine for the first 24 to 72 hours.
- Numbness in your penis. This is usually temporary but can last up to 2 months.

You may have urinary changes that may not start until 2 weeks after the procedure. They can last up to 4 months. These changes will go away. You may have:

- Burning, pain, or discomfort when urinating
- Feeling a strong need to urinate
- Some difficulty emptying your bladder
- Some difficulty starting to urinate
- A narrower stream of urine

What you can do after your HDR brachytherapy procedure

- Take acetaminophen (also called Tylenol) for mild pain or discomfort. Take all prescribed medications.
- Wrap an ice pack or bag of frozen peas in a towel. Put it on your perineum area (area between your scrotum and anus) for 20 minutes at one time. You can repeat this 4 to 6 times a day while you are awake.
- You can continue with sexual intercourse (sex).

What you cannot do after your HDR brachytherapy procedure

- Do not lift any heavy object that causes you to strain or any activity that may cause strain or pressure on your perineum for 1 week after your procedure.
- Do not drive for 24 hours.
- Do not make any legal or financial decisions for 48 hours.
- Do not drink alcohol, take cannabis or any other 'substance' not prescribed to you for 48 hours.

Call 911 if you have shortness of breath or chest pain.

Go to the Emergency Department at the hospital closest to you if you:

- Faint after your procedure.
- Have redness, swelling or pain in your thigh or calf.
- Vomit for more than 6 hours.
- Are not able to urinate.
- Have a lot of bleeding or any other symptom that is severe.
- Have a fever above 38.3° C/100.9°F at any time or above 38.0° C/100.4°F for more than an hour.

Next steps in your care and treatment

If you are having external beam radiation therapy, you will be given an appointment for your CT simulation.

You need to have an empty rectum and full bladder for your CT Simulation appointment.

Call the radiation therapy receptionist at 905-576-8711 extension 33856 if you have any questions about the date for your appointment.

Date	What you need to do
The day of your CT simulation appointment Date: _____ Time: _____ Your CT simulation appointment is located on the B1 level of the cancer centre. Check in at a check-in computer.	If you are able to have a bowel movement, you do not need to give yourself a Fleet Enema. If you do not have a bowel movement, give yourself the Fleet Enema: • <u>2 hours before leaving home</u> to come for your CT simulation. <u>OR</u> • You can choose to give yourself the enema <u>the night before</u> your appointment. 1. Empty your bladder about 1 hour before the scheduled time of your CT simulation appointment. 2. Drink 2 cups (500 ml) of water in 15 minutes. 3. Do not empty your bladder after drinking the water. Your bladder needs to be comfortably full, but not painful for your CT simulation.

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.

Last reviewed: June 2026