



Prostate Ultrasound and Seed Marker Insertion

A prostate ultrasound and seed marker insertion is a simple procedure that is done in your doctor's office. It uses harmless ultrasound waves to locate the areas where the seed markers are inserted.

This handout explains how to prepare for this procedure, how it is done, risks, and what to do after the procedure.

Your prostate ultrasound and seed marker insertion is scheduled at the Urology and Prostate Clinic on:

_____ at _____
Date Time

Why is ultrasound used during a prostate seed marker insertion?

An ultrasound uses harmless sound waves to give us pictures of your prostate. Using these pictures, your doctor can accurately guide the seed markers to the areas needed.

How is this procedure done?

When you arrive, we will take you to your exam room and ask you to change into a gown. Your doctor will do a simple manual exam of your prostate.

Then, your doctor will place a small ultrasound probe in your rectum. This probe is finger-like in shape and size. The doctor will move the probe slightly to get different views of your prostate. You will not feel pain.

Next, your doctor will inject a local anesthetic (numbing medicine) into your prostate through a very thin needle.

When your doctor locates the correct areas of your prostate, 3 seeds will be inserted through a small needle. The entire procedure takes about 20 minutes and should cause very little discomfort.

You may have some soreness around your rectum for up to 1 hour. You may see some blood in your urine or stool for a few days. This is normal. You may also see some blood in your semen for up to a month. This is also normal.

Questions?

Your questions are important. Please contact the UWMC Urology and Prostate Clinic with any questions.

Weekdays 8 a.m. to 5 p.m., call the Urology and Prostate Clinic at 206-598-4294.

After hours and on weekends and holidays, please call 206-598-6190 and ask for the Urology Doctor on call to be paged.

How do I prepare for this procedure?

There are a few things you need to do to get ready for this procedure.

- Please make sure you eat normally the day of your procedure.
- Do **not** take any blood-thinning medicines for 7 days before your biopsy. Some of these are aspirin, ibuprofen (Advil, Motrin), warfarin (Coumadin), and clopidogrel (Plavix). If you normally take these or any other blood thinners, tell your nurse so we can advise you about this.
- Your doctor will give you a prescription for 3 antibiotic pills. Fill this prescription at your pharmacy. Take the first pill at 8 p.m. the night before your ultrasound and biopsy. Then, take 1 pill every 12 hours until they are gone.
- Buy a Fleets enema at the drugstore. You can buy this without a prescription (over the counter). Use the enema at 6 a.m. the morning of your ultrasound and seed marker insertion (follow directions in the Fleets box).

What are the risks?

Risks involved in a prostate ultrasound and seed marker insertion are very minimal. They include:

- Blood in your urine and stool for a few days
- Blood in your semen for up to a month
- Infection of your prostate or urinary tract
- Fever or chills

If you have fever or chills, severe pain, or a large amount of bleeding, please contact your doctor's office for more instructions.

What do I do after my procedure?

If you are not yet scheduled for your radiation planning session or simulation, please call the Seattle Cancer Care Alliance at 206-288-7318 or UWMC Cancer Center at 206-598-1905 to schedule this appointment.

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