

UW Medicine

## Preparing for Your Gamma Knife Treatment

### *What to do*

*This handout explains how to prepare for your gamma knife treatment at the Gamma Knife Center at Harborview Medical Center.*

### **Welcome**

We look forward to meeting you and want to make your treatment day as stress-free as we can. Please tell us your questions and concerns.

### **Planning for Your Treatment**

A Gamma Knife Center nurse will call you or see you in person before your treatment. We will:

- Review your health history
- Answer your questions
- Talk about any special needs you have
- Tell you your exact arrival time and what to expect
- Give you special instructions if you take warfarin (Coumadin), an injectable blood thinner such as Lovenox or Fragmin, metformin (Glucophage), or methotrexate

Call us at **206.744.8087** if you have any question about your medicines.

Plan to be at the Gamma Knife Center all day on the day of your treatment. Also arrange for a responsible adult to take you home after your treatment and stay with you the first night.

### **At Home**

- Wash your hair at home either the night before or morning of your treatment. Having a clean scalp helps prevent infection.
- Do not use any hairstyling products like gels or mousse.
- Do not put any makeup on your forehead. Lotion is OK to use.



*The Gamma Knife Center is in room GCT-44, on the ground floor of the Center Tower Wing at Harborview Medical Center.*

- You may eat as usual until midnight the night before your treatment.
- After midnight, you may have **only** clear liquids. These include plain tea or coffee (no cream or milk, but sugar is OK), juices without pulp, clear popsicles (no pulp), soda, clear broth (not soup), and drinks such as Gatorade.
- Starting 2 hours before your appointment time, do not take anything by mouth.
- On the day of treatment, unless you have been told to stop taking a certain medicine, take your usual medicines with a sip of water at home, before you come to the Gamma Knife Center.

## On the Day of Your Treatment

- Wear comfortable clothing with loose-fitting sleeves. Do not wear metal. Zippers and small hooks are OK.
- If you normally take medicines during the day, please bring them with you on your treatment day. This includes long-acting pain medicines.
- After the head frame is placed and imaging is done, you may eat and drink. We will offer you a meal, snacks, and drinks. You can also bring your own food.
- If you wear glasses, you can bring an old pair of eyeglasses with the earpieces removed. These glasses can be taped to your face while the gamma knife frame is in place.
- There are CD players and TVs in the patient rooms. We can play CDs and music from MP3 players or smart phones during your treatment.
- A family member or a friend may be with you on your treatment day. We have room for 2 people to be with you all day. We may ask other visitors to wait in a waiting room.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

#### Gamma Knife Center at Harborview Medical Center

Phone: 206.744.8087  
Fax: 206.744.6008

Center Tower, Ground Floor,  
Room 44  
325 Ninth Ave., Seattle, WA  
98104

#### Alvord Brain Tumor Center at UW Medical Center

Phone: 206.744.8087  
1959 N.E. Pacific St.,  
Seattle, WA 98195

## After Your Treatment

- **You cannot drive for 48 hours after treatment.** Plan to have a responsible adult drive you home or to your place of lodging. You may take a bus or a taxi if the responsible adult is with you.
- If you live out of town, plan to spend the night in the Seattle area for the first night after your treatment. Please ask for a list of hotels in the area.

## How to Find Us

The Gamma Knife Center is at Harborview Medical Center, 325 9th Ave., Seattle, WA 98104. The Gamma Knife Center is in room GCT-44 on the ground level of the Center Tower Wing.

Parking is available in the View Park Garage, labeled P1 on signs. The cost is \$20 to park for a full day.