



# Prostate Ultrasound and Seed Marker Insertion

## What to expect

*This handout explains how to prepare for your procedure, how it is done, the risks involved, and self-care after the procedure.*

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

\_\_\_\_\_ at \_\_\_\_\_  
Day and Date Time

## What is this procedure?

A prostate ultrasound and seed marker insertion is a simple procedure that is done in your doctor's office. It uses ultrasound to find the best place to insert seed markers to treat your prostate cancer.

## Why is ultrasound used?

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

## What can I expect?

When you arrive, we will take you to your exam room and ask you to change into a hospital 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 about the size and shape of a finger. The doctor will move the probe a little to get different views of your prostate. You will not feel pain.

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

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



*Talk with your provider if you have any questions about this procedure.*

## What are the risks of having this procedure?

There are only minor risks related to this procedure. 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

## How do I prepare for the procedure?

- **For 7 days before your procedure:** Do **not** take any blood-thinning medicines. 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. We will explain what to do.
- 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 procedure.
  - 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 2 to 3 hours before your procedure. Follow the directions in the Fleets box.
- You may eat as usual on the day of your procedure.

## What happens after my procedure?

- These side effects are normal after this procedure:
  - Some soreness around your rectum for up to 1 hour
  - Some blood in your urine or stool for a few days
  - Some blood in your semen for up to a month
- Call your provider if you have:
  - Fever or chills
  - Severe pain
  - A lot of bleeding
- If you do not yet have a date for your radiation planning session or simulation, please call the Seattle Cancer Care Alliance at 206.606.7318 or UWMC Radiation Oncology at 206.598.1905 to schedule this visit.

### Questions?

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

Weekdays from 8 a.m. to 5 p.m., call the Urology and Prostate Clinic at 206.598.4294.

After hours and on weekends and holidays, call 206.598.6190 and ask to page the Urology doctor on call.