

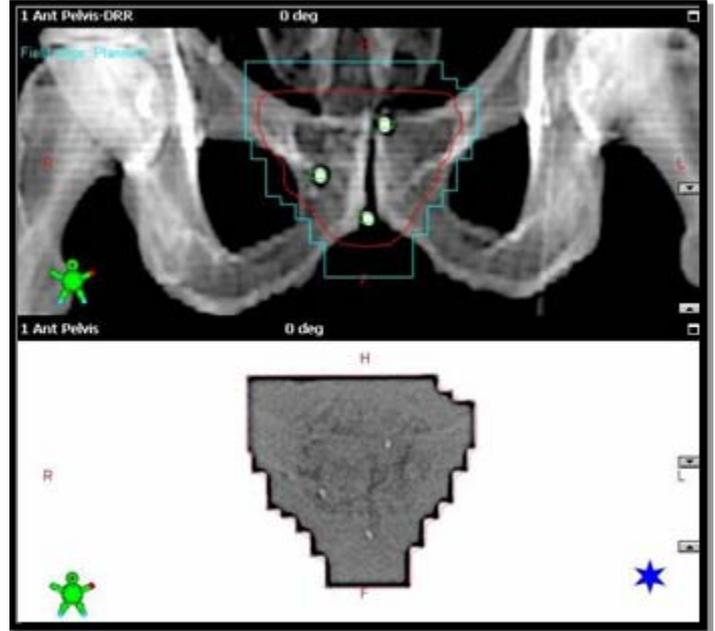
Prostate Gold Markers

Your prostate moves inside your body depending on how full the bowel and bladder are. To ensure we are treating your prostate accurately each day, gold markers are inserted into the prostate prior to the commencement of your external beam radiotherapy.

These gold markers are imaged each day prior to your radiation treatment by taking x-rays on the treatment machine. The staff on your treatment machine can alter your position so your prostate is in the exact position required for treatment.

How it works

The image at the top shows the position of the markers on the planning CT and the image at the bottom is an image taken on the treatment machine. These images are superimposed onto each other, to match the exact position of the prostate for treatment.



The gold markers

The gold markers very small: about 4mm by 0.8mm. They will stay in the prostate permanently. The gold markers are not biologically active, radioactive or chemically active and they do not rust or dissolve. Very rarely they may slip into a vein and get carried to another area of the body and not thought to be harmful.

Marker implantation

An outpatient appointment will be made at Radiology at least four days before your planning appointment. If you are on blood thinners your radiation oncologist may have asked you to temporarily stop them.

You will be given a prescription for antibiotics, which you should start taking the night before your marker implantation.

On the day, an enema will be given to clear your rectum. You will be required to lie on your side. The Radiologist will place an ultrasound probe in your rectum to visualise the prostate. Three gold markers will be injected into different locations within the prostate. You will not be given any sedation during the procedure. You may feel uncomfortable during the procedure but most men report little or no pain. There is often an immediate sharp sensation in the back-passage when the markers are implanted. There are no nerve endings in the prostate, so you won't be able to feel the markers there.

You are able to return home almost straight after the procedure. You may drive yourself home.

For marker implantation at:

- **The Alfred - Please attend Radiology on the First Floor, Phillip Block, The Alfred.**

Side effects

There are some possible short term side effects associated with gold marker insertion. If you have any questions or concerns, please discuss them with your radiation oncologist.

These side effects include:

Mild urine or bowel symptoms

- Pain in the rectum or penis when passing urine. It is OK to take Paracetamol (Panadol).
- Temporary change in bowel habit.
- Blood in the urine
- Blood in the bowel motions
- Blood in the ejaculate

If you get these symptoms they are usually mild, commonly settle in two to three days but may last up to two weeks.

Heavy bleeding

Occasionally heavy bleeding may occur in the urine or from the rectum which may require a procedure to investigate or stop the bleeding or a blood transfusion.

Unable to pass urine

This most likely will require a temporary catheter in the bladder.

Infection

Occasionally men can get serious infections in the blood or urine or prostate after gold marker placement.

This causes a feeling of being unwell and a temperature. If this happens seek prompt medical attention by presenting to your nearest emergency department. To help prevent infections you have been given a script and you must take the antibiotics as directed.

What to do if you have problems after the gold marker implantation

If you are feeling unwell (have a fever or chills or shivers and shakes), cannot pass urine or have heavy bleeding from the rectum (back passage) or in your urine, please report to your nearest emergency department without delay.

You are also able to contact us on:

Monday to Friday 8:00am – 5:00pm

Please phone William Buckland Radiation Oncology and ask to speak to your Radiation Oncologist or their Registrar.

- William Buckland Radiation Oncology – The Alfred: (03) 9076 2337

After hours and weekends

- The Alfred Switchboard (ask to speak to the on-call Radiation Oncology Registrar) – (03) 9076 2000

Prostate Gold Markers – Timeline

Preliminaries

- Appointment for gold marker placement at Radiology.
- Prescription for antibiotics is filled.
- Appointment for radiotherapy planning (Simulation).
- Stop blood thinners if advised by your radiation oncologist.

Night Before Gold Marker Placement

- Start antibiotics.

Day _____
Date _____
Time _____

Gold Marker Placement

- Attend Radiology 30 minutes prior to your appointment time.
- Radiology is on the First Floor, Phillip Block at The Alfred.
- You will be given an enema to clear your bowel.
- Three gold markers will be inserted into your prostate.

Day _____
Date _____
Time _____

After Gold Marker Placement

- Go home after the procedure.
- Continue antibiotics until the packet is finished.
- If unwell – present at your nearest emergency department.

Planning (Simulation) Appointment

- Complete bladder and bowel preparation (see handout).
- Attend external beam radiotherapy planning appointment at William Buckland Radiation Oncology.

Day _____
Date _____
Time _____

First Day of Radiotherapy Treatment

- Report to William Buckland Radiation Oncology for first day of treatment.

Day _____
Date _____
Time _____