

# TRANSRECTAL ULTRASOUND & GOLD SEED PROCEDURE

For Radiation Treatment to Your Prostate

## Contact Information

WRHN Cancer Centre  
519-749-4380  
Weekdays from 8:30am - 4:00pm

After-Hours Care - CareChart Digital Health  
1-877-681-3057  
After 4pm, on weekends or holidays

**Waterloo Wellington  
Regional Cancer Program**  
Ontario Health (Cancer Care Ontario)

# What is a TRUS & Gold Seed Procedure?

A Transrectal Ultrasound (TRUS) takes photos of the inside of your body using sound waves. An ultrasound probe is put inside of your rectum (bum) to take photos of your prostate.

Gold seeds are tiny markers placed in your prostate. Gold seeds are not a form of radiation. They help your Radiation Team find your prostate during each radiation treatment.

## Before Your TRUS & Gold Seed Procedure

Time Frame	What To Do
Anytime before your procedure	<ul style="list-style-type: none"><li>Your Radiation Oncologist will give you a prescription for Rectal Fleet Enemas. Go to your local pharmacy and pick up your enemas.</li></ul>
Days before your procedure	<ul style="list-style-type: none"><li>Do not take blood thinner drugs (e.g. Warfarin, Heparin, Aspirin) or NSAIDs (Ibuprofen/Advil). <b>Your Radiation Oncologist will tell you when to stop taking these drugs before your procedure and when to start them again.</b></li></ul>
4 hours before your procedure	<ul style="list-style-type: none"><li>Stop eating and drinking <b>*You can drink small amounts of water with your prescribed drugs.</b></li></ul>
1 hour before you <b>leave your house</b> for your procedure	<ul style="list-style-type: none"><li>Use the Rectal Fleet Enema while <b>at home</b>. <b>*If you are travelling from far away ask your Radiation Team when to take your enema.</b></li></ul>

# During Your TRUS & Gold Seed Procedure

During your TRUS and Gold Seed procedure you will:

- Meet with a Radiation Oncologist
- Change into a blue hospital gown
- Lay down on a stretcher in a private room
- Be asked to lay on your back with your legs in stirrups

## What happens during the procedure?

- You will be given a local anesthetic (drug used to numb a small part of your body) to your perineum (area between your scrotum and bum).
- Lubricant will be rubbed onto the ultrasound probe. The probe is about the size and shape of a finger.
- The Radiation Oncologist will put the probe into your rectum (bum). The probe stays there for about 10-15 minutes.
- Once your prostate is found, 3 needles are placed through the perineum into the prostate. The needles will place 3 gold seeds in your prostate. The gold seeds will stay in your prostate.
- The needles and probe are taken out.

In total, this procedure will take about 30 minutes.

# After Your TRUS & Gold Seed Procedure

After your TRUS and Gold Seed procedure:

- It is common to see a small amount of blood in your urine (pee) or semen
- **You will be booked for a CT Simulation appointment to plan your radiation treatment**

If you get a fever, feel more pain than usual or have any other concerns **call your health care team.**

If you are feeling very unwell go to an Emergency Department near you.

# CT Planning & Radiation Treatments

Your CT planning appointment will include taking 3D photos of your prostate. This helps your Radiation Oncologist create a plan to treat your cancer. After this, you will be booked for your radiation treatments. Your Radiation Oncologist will tell you how often you need treatment.

Photos of your prostate will be taken before every radiation treatment. It is important to make sure that your bladder is filled and your rectum is empty. The size of your bladder and rectum can affect the position of your prostate in your body. Your gold seeds will let the Radiation Therapist see where your prostate is each time you have radiation treatment.

The charts below will go through the steps you need to take before CT planning and **each** radiation treatment.

## How to Prepare for CT Planning

Time Frame	What To Do
1 hour <b>before you leave your house</b> for your appointment	<ul style="list-style-type: none"><li>• Use a Rectal Fleet Enema while <b>at home</b></li></ul> <p>*If you are travelling from far away ask your Radiation Team when to take your enema.</p>
1 hour before your appointment	<ul style="list-style-type: none"><li>• Check in at the Radiation Therapy Department. A Radiation Therapist (RT) will go over what to expect during your CT Scan</li><li>• Empty your bladder (go pee)</li><li>• Drink 8 ounces (1 cup) of water within <b>10 minutes</b></li><li>• <b>Do not go pee again until after your CT Scan</b></li></ul>

# How to Prepare for Radiation Treatments

Time Frame	What To Do
1 hour <b>before you leave your house</b> for your treatment	<ul style="list-style-type: none"><li>• Use a Rectal Fleet Enema while <b>at home</b></li><li>• <b>Do this before ALL of your radiation treatments</b></li></ul> <p>*If you are travelling from far away ask your Radiation Team when to take your enema.</p>
30 minutes before your treatment	<ul style="list-style-type: none"><li>• Empty your bladder (go pee)</li><li>• Drink 8 ounces (1 cup) of water within <b>10 minutes</b></li><li>• Check in at the Radiation Therapy Department</li><li>• <b>Do not go pee again until after your radiation treatment</b></li></ul>

**Let your health care team know** if you feel like you have to poo **OR** if you did not finish drinking your water in time. It means you may not be ready for treatment.

Use this resource for your information only. It does not replace medical advice from your doctor or other health care professionals.

