FREQUENTLY ASKED QUESTIONS

Q. Why am I getting Fiducial Markers?
A. Your radiation oncologist has referred you to get fiducial markers. These markers will help your radiation therapy be more accurate and will allow you to receive more radiation therapy.

Q. Are the markers harmful? Are they permanent?
A. No—The markers do not contain any radiation and are not harmful. However, they will stay in your prostate permanently.

Q. Can I eat and drink normally before the procedure?
A. Yes—please eat and drink as your normally would before the procedure. Do not fast.

Q. How soon after getting the markers will I receive radiation therapy?
A. You can discuss this with your radiation oncologist team. We are not involved in scheduling your radiation therapy.

Q. Can I do a liquid bowel prep before my procedure instead of an Enema?
A. You must do an Enema about 2 hours before your procedure. You cannot do a liquid bowel prep. We cannot do the Enema in our clinic, you must do it at home.

UROLOGY LOCATIONS

Brigham and Women’s Hospital
45 Francis Street, ASB II-3
Boston, MA 02115

Brigham and Women’s Faulkner Hospital
1153 Centre Street, Suite 4N
Jamaica Plain, MA 02130

Brigham and Women’s/Mass General Health Care Center at Foxborough
20 Patriot Place
Foxborough, MA 02035

CONTACT INFORMATION

Urology Clinic: (617) 732-6325,
Monday–Friday, 8am–5pm

After Hours Emergencies: (617) 732-6660
ask for Urology Resident on-call to be paged

b Brigham and womens.org/urology

For Image-Guided Radiation Therapy (IGRT)
WHAT ARE FIDUCIAL MARKERS?

Fiducial Markers are tiny gold rods that will be inserted into your prostate. These rods make radiation treatment more accurate. They are extremely small, thinner than the thickness of a dime, and less than an inch in length. The rods are permanent and harmless.

MARKER INSERTION PROCEDURE

For this procedure, you will lie on your back with your legs up in stirrups. Your doctor will apply a local anesthetic will be used to numb the area around the prostate.

Your doctor will insert an ultrasound probe into the rectum to guide the markers. Then, the markers are placed into the prostate through the skin on the outside of your body—between the rectum and scrotum. This procedure usually takes 20-30 minutes.

BEFORE YOUR MARKER INSERTION

- Stop all blood-thinning medications 5-7 days before the procedure. Consult your cardiologist before stopping any blood-thinning medication.
- Stop all Aspirin or Ibuprofen containing medication 7 days before the procedure.
- Take your antibiotic 1-2 hours before your appointment. We will call this into your local pharmacy.
- Administer a Fleet enema about 2 hours before your appointment. You can purchase this at any pharmacy.
- Do not fast—it is important to eat a regular diet.

AFTER YOUR MARKER INSERTION

- Limit your activity for 24 hours after your procedure.
- Drink at least 1 glass of liquid per hour until bedtime on the day of your marker placement.
- Drink at least 2 quarts of liquid on the day after your marker placement.
- If you notice blood in your urine: increase your fluid intake.
- It is normal to feel pressure in the rectum after the procedure. This is usually well tolerated by most patients. You may take Tylenol or Tylenol Extra Strength for your pain.

SYMPTOMS

These symptoms are normal after your procedure:
- Small amount of blood in your urine, semen, or stool
- Slight burning with urination
- Increased need to urinate (frequency)

These symptoms are abnormal—please call the Urology clinic if you have any of the below symptoms:
- Fever of 101 F or higher
- Pain that is increasingly worse
- Shaking, chills
- Bright red blood or large clots in your urine
- You are unable to pass urine for 6 hours or longer

CONTACT UROLOGY CLINIC

Monday-Friday 8 am-5 pm: (617) 732-6325
After Hours: (617) 732-6660 and ask the Urology Resident on-call to be paged