

**ABINGTON HOSPITAL-JEFFERSON HEALTH**

1200 Old York Road Abington, PA 19001

Interventional Radiology Department Telephone: 215-481-2071

Office Telephone: 215-481-6226

Fax: 215-481-2567

Website: [www.abingtonir.com](http://www.abingtonir.com)

**SIR SPHERE (Yttrium – 90 Radioembolization)-- Patient Discharge Instructions**

You have been treated with Sir Spheres, which consists of millions of small particles that contain a radioactive substance to treat cancer in your liver. The particles were selectively placed in your liver through a catheter that was inserted in the liver artery using x-ray guidance. The catheter was placed through an artery in the groin and completely removed after the procedure. The information below will help you and your family members take care of you at home after your procedure.

**RADIATION PRECAUTIONS:**

Sir Sphere is a radioactive substance that takes time to become inactive. This means that for the next 72 hours (3 days), people may be exposed to radiation from your body. Please follow these precautions: **AVOID VISITORS** under the age of 18 years. **AVOID PREGNANT VISITORS, AVOID CLOSE PHYSICAL CONTACT** with others – sleep in bed alone.

**DIET:**

Resume your previous diet. Drink plenty of fluids. Water and fruit juices are preferable. Drink at least 24 ounces of beverages during the next four hours after you leave the hospital.

**MEDICATIONS:**

Resume your previous medications. Follow directions for post procedure pain medications and other medications as prescribed or recommended.

**SITE CARE:**

Change the band-aid or gauze the morning after the procedure.

**ACTIVITY:**

A responsible adult must take you home. Do not drive a car for 24 hours. When you arrive home, rest quietly for the remainder of the day. Do not **perform any strenuous activity** for at least 24 hours. Limit bending at the puncture site and the use of stairs for at least 24 hours. No heavy lifting (no more than a full gallon of milk) for 3 days. Do not bend at site that was used for the puncture access for the arteriogram within 24 hours of procedure.

**BATHING:**

You may shower the morning after the procedure. Do not take a hot bath for several days.

**BODY FLUIDS:**

There is no need to make any special arrangements for disposal of body fluids such as urine, stool, blood, or vomitus. These will not expose anyone to radiation.

**PLEASE CALL 911 – IF YOU EXPERIENCE THE FOLLOWING SYMPTOM**

) Bleeding at the site which does not stop after holding firm, direct pressure for 5 minutes

**PLEASE CALL THE RADIOLOGIST PROMPTLY IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:**

- ) Fever greater than 101 degrees Fahrenheit.
- ) Signs of infection such as drainage from the site, increasing pain, redness, swelling, excessive warmth.
- ) Increasing pain, numbness, coolness or blue discoloration of the extremity where the puncture site is located.
- ) Pulsating mass at the puncture site.
- ) Bruising at the puncture site that **enlarges** or becomes **painful**, (some bruising at the puncture site is common and will go away in a few days).
- ) Abdominal pain or distension unrelieved by prescribed pain medications.
- ) Persistent nausea.
- ) Inability to tolerate oral fluids.

**WHOM TO CALL:**

**Physician Contact Information**

- ) **If you have a problem that requires immediate attention, you should go to the emergency room, either at Abington Memorial Hospital or the closest hospital, or call 911.**
- ) Our office is open Monday through Friday (except major Holidays) from 7:30 AM to 4:00PM. We can be reached at 215-481-6226.
- ) If you are unable to reach our office and you have an urgent need, please call the following:
  - o **During regular weekday hours (except major Holidays) from 7:30 AM to 4:00 PM, call 215-481-2040. Press #1 for outpatient needs and #3 to speak with a Radiology Nurse.**
  - o **For after hour emergencies call 215-481-2000 and ask the hospital operator to contact the Interventional Radiologist on-call.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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**SIR-PHERES DISCHARGE MEDICATION INSTRUCTION SHEET FOR POST-EMBOIZATION SYNDROME**

**You are being sent home with the following medications:**

**Gastrointestinal prophylaxis to prevent GI inflammation and ulceration**

A proton pump inhibitor medication is taken for 4 weeks post treatment. While the Interventional Radiologist must ensure that SIR-Spheres® do not enter the GI tract, radiation from large volume tumors in the left lobe of the liver overlying the stomach may be sufficient to irritate the stomach and cause gastritis and ulceration

**Post-embolization syndrome prophylaxis**

Fever, malaise and lethargy can occur as a result of the radiation and the embolic effect of the SIR-Spheres® on the tumor neo-vasculature. A tapering dose of oral corticosteroids (medrol pack) should be taken as directed to minimize the post embolization symptoms.

**Pain control**

Oral analgesia, such as over the counter Motrin (ibuprofen) or Tylenol, may be required for 1 week following treatment, to relieve pain from radiation and the embolic effect of SIR-Spheres®, and liver capsular pain from tumor edema (swelling).

**The medications you were given during your procedure tend to cause constipation. *Constipation in the days after your procedure will increase your abdominal discomfort.* Please follow these instructions to keep your bowels function regularly after your procedure:**

- ) **Drink plenty of liquids to keep your body hydrated and to help keep your bowels functioning properly.**
- ) **Take Colace 100mg capsules (stool softener to prevent constipation). The generic name for this medication is docusate sodium. Take one table every 12 hours while you are taking any narcotic pain medication.**

**If you have not had a bowel movement within 24-35 hours after your procedure:** Take 2 tablets of Senokot-S (over the counter) at bedtime.

**If you have not had a bowel movement by the next morning (day 2):**

Take 2 more tablets of Senokot-S in the morning

**If you have not had a bowel movement by midday (on day 2):** Take 2 tablespoons of Milk of Magnesia at dinnertime and at bedtime.

**If you have not had a bowel movement by the next morning (day 3):**

Please contact your doctor or nurse at the Interventional Radiology clinic for further instructions at (215) 481-6226. After hours, call (215) 481-2000 and ask for the Interventional Radiologist on call.