

DISCHARGE INSTRUCTIONS FOLLOWING Yttrium 90 (Y-90) Radiation Therapy

Follow these radiation safety precautions for 3 days after radiation therapy:

1. Keep an arm's length distance from others for the next 3 days. It is very important to keep this far away from children, pregnant women, women considering getting pregnant, and pets.
2. Wash any urine-soaked clothing or linens separately from other items. Do this for 3 days.
3. If you see a doctor, tell them that you have radioactive particles in your liver. If there are any questions, the doctor or nurse should call:
 - a. Advanced Radiology Interventional Radiology Clinic 616-459-7225
 - b. Bronson Hospital Interventional Radiology Department 269-341-6130
4. Carry these instructions with you for the first 3 days after treatment.

Radiation safety precautions are only necessary for the first 3 days following treatment.

General Discharge Instructions:

1. Do not lift more than 10 pounds for one week following your procedure. Check your puncture site (groin) for bleeding or swelling each day.
2. It is normal to experience these symptoms for one week after treatment:
 - fever up to 101.5 degrees
 - abdominal pain
 - fatigue
 - nausea
 - elevated white blood cell count
3. You may have decreased appetite and fatigue for up to 6 weeks after treatment.
4. You will receive prescriptions for these medicines:
 - a. Zofran. Take one every 8 hours as needed for nausea.
 - b. Norco. Take as directed for pain.
 - c. Prilosec 20 mg. Take one twice a day for 6 weeks following treatment to prevent stomach ulcers. Take in the morning and evening.
 - d. Use an over the counter stool softener to help prevent constipation caused by pain medicine.
5. Start taking your regular medicines right away, unless your doctor tells you not to. Do **not** take metformin for 48 hours after treatment.
6. Staff from Advanced Radiology Services will call to arrange a follow up appointment.
5. For questions or concerns, please call Advanced Radiology Interventional Radiology Clinic at (616) 459-7225.