



## **Therasphere/Sirsphere (Y90) Discharge Instructions**

You have received treatment involving radioactive material. While this material remains in your soft tissue, the radioactivity decays away, so that after 2 weeks, only a minimal amount of material remains. After one month, virtually no radioactivity is present.

### **A small amount of radioactive material may be present in body fluids**

For 3 days:

- ❖ Clean up spilled urine
- ❖ Wash hands thoroughly after using the restroom
- ❖ Avoid contact with pregnant persons
- ❖ Do not allow children or pets to sit on your lap for extended periods of time

**No driving for 24 hours:** You are not to drive yourself home from the procedure or for the remainder of the day. Do not drive while taking the prescribed pain medications (Percocet, Oxycodone, Hydrocodone, Tramadol, etc).

**Medications:** If you experience pain prior to discharge, you will be discharged with a for prescription pain and nausea medications. Take these medications as directed. Please avoid over-the-counter medications while taking your prescriptions, as this may result in adverse reactions.

If you begin to experience pain or nausea post discharge, please contact IR at **404-352-1409** and leave a voice mail regarding concerns (pain, nausea, etc.). Blood thinners and Metformin may be resumed 2 days after the procedure or as instructed by prescribing physician.

**Activity:** Prolonged walking or sitting should be limited following your procedure. You may resume regular activities the day after the procedure. No heavy lifting over 15 pounds and no strenuous activity for 1 week.

### **Recovery:**

- ❖ You may experience **post embolization syndrome** after receiving Y90 administration. Symptoms include: Mild to moderate pain, nausea, low-grade fevers, and fatigue. These symptoms are to be expected for approximately 1 week.
- ❖ Constipation is common with use of prescription pain medication. You may use any over-the-counter medications for prevention or symptomatic relief of constipation that you would normally use. These include prune juice, Milk of Magnesia, Miralax, Magnesium Citrate, or Fleets Enemas.
- ❖ Hydration is very important. Drink plenty of liquids unless you are on fluid restrictions. This will help "flush" the contrast from your system. Water is recommended. Limit the amount of alcohol and caffeine you drink. Fluids with caffeine include coffee, tea, and soda.

**Puncture Site (Groin) Care:** Keep the puncture site dry. Sponge bath only on the night of the procedure. You may remove the dressing and shower 24 hours after the procedure. Do not scrub the site, gently clean and pat dry. Please do not fully submerge the procedure site under water for 1 week (no tub baths and no swimming).

If bleeding or bruising occurs, hold pressure on the puncture site for 10 minutes. Minimal oozing from or bruising at the puncture site is normal. A small "knot" (hematoma) may form under the skin and last for several weeks. If this gets larger or painful, please notify us.

**Radial (Wrist) Puncture Site Care:** If your procedure was performed through the blood vessel in your wrist, you will need to do the following in addition to the regular site care:

- ❖ Do not flex or bend the affected arm for 24 hours.
- ❖ Avoid activities that put stress on the affected hand/arm for 1 week (typing, pushing/pulling, lifting heavy objects)
- ❖ Do not apply powder or lotion to the puncture site for a minimum of 3 days

**Follow Up:**

- ❖ You must obtain **lab-work 2 weeks** post Y90 treatment. These orders will be placed by Hepatology; please contact **Stephanie Lee, RN**, for questions or concerns regarding labs.
  - **Phone number: 404-605-6266**
  - **Fax number: 770-916-7615**
    - Please reference this fax number if labs are acquired at facility other than Piedmont.
- ❖ **Schedule follow up appointment with Hepatologist**
- ❖ **Follow up imaging** (CT, MRI, or PET scan) will be ordered post Y90 administration to evaluate effectiveness of treatment. Imaging should be scheduled for approximately 1-3 months pending Hepatologist/Radiologist recommendations.

**Call us *immediately* if you experience any of the following:**

- ❖ Temperature greater than 101°F
- ❖ Dizziness or lightheadedness
- ❖ Shaking chill (rigors)
- ❖ New onset dry cough with shortness of breath
- ❖ Night Sweats
- ❖ Jaundice (yellowing of the skin or eyes)
- ❖ Intractable vomiting
- ❖ Progressive or worsening pain not relieved by medications
- ❖ Increased redness or swelling at the puncture site
- ❖ Constipation that does not improve with use of over-the-counter medication after 3 days
- ❖ Bleeding that does not stop after 10 minutes of applied pressure
- ❖ Any numbness, tingling, weakness, pale coloration, or coolness in the hand

**If you have any questions or concerns, please call  
Radiology Associates of Atlanta at 404-352-1409**

\*Please note, phone number provided will lead to an automated voicemail system. Please leave a voicemail and one of our team members will return your call promptly.