

Discharge Instructions for Patients and Family Members: Y-90 SirSpheres Therapy

These instructions comply with the NY State Department of Health and U.S. regulations meant to reduce exposure for people who have contact with a patient who has received treatment that uses radioactivity.

During your SirSpheres treatment, you received Yttrium-90 microspheres, which are radioactive particles. You received Yttrium-90 from the microspheres given to you on _____.

Over the next 3 weeks, your body will break down and eliminate the radioactive particles. The most common way to get rid of the waste material is through urine. However, all body fluids, such as saliva, blood, breast milk, semen, etc., could contain some radioactivity.

Because it will take your body 3 weeks to break down the radioactive particles and eliminate them, you must follow these instructions on how to take some minor isolation precautions at home. Following these simple instructions will allow your family and caregivers to avoid unnecessary exposure to radiation.

Continue these measures for 1 week after your SirSpheres therapy ends.

No special precautions are required after the following date: _____.

Precautions to take for the first 4 days (Day of treatment and 3 days afterward)

- When cleaning spills that contain bodily fluids, be sure your skin does not come into contact with the fluid. Use tissues to clean the spill and then either flush them down the toilet or place them in a plastic bag and put them in the garbage.
- When using toilet/bathing facilities
 - Men should sit on the toilet while urinating to reduce the risk of contaminated urine splashing on the seat or surroundings.
 - Flush the toilet twice after using.
 - Wash your hands thoroughly after going to the toilet.
 - Use separate towels and washcloths from housemates.
 - Rinse the bathroom sink and tub thoroughly after you use them.

Precautions to take for the first 7 days (Day of treatment and 6 days afterward)

- Drink plenty of fluids. Do not share food or drink.
- You can sleep with your partner but keep a reasonable distance (1 foot) between you. (The easiest way to do this is to sleep on your partner's left side.)
- No sexual contact.
- Avoid prolonged close contact with children or pregnant women. Children should not sit on your lap.)
- Female patients must discontinue breastfeeding.
- After 1 week, you can resume normal contact with family members
 - A. 0 to 7 following drug administration
 - a. Drink plenty of fluids. Do not share food or drink.
 - b. You can sleep with spouse or partner but keep reasonable distance (1 ft.)
 - B. If applicable
 - a. Female patients must discontinue breast-feeding.

The above recommendations are for guidance so that the exposure received by you and your family is kept as low as reasonably possible.

Special Procedures/2 West: Monday – Friday 8:00 a.m. - 4:00 p.m. Phone: 716-845-5992

After hours, call Roswell Park main number (24/7): 716-845-2300

If you feel you are in a life-threatening situation (chest pain, difficulty breathing, heavy bleeding), call 911 or go to the nearest hospital emergency department.