

New York Prostate Institute
Patient Instruction for Iodine (I-125) Implant

You have had an implant of a radioactive isotope called Iodine-125 (I-125). This isotope is used to deliver therapeutic dose of radiation to your tumor. The Iodine 125 is in the form of sealed pellets called 'seeds' which resembles gray pins. These seeds were placed into the prostate so that the treatment may be effectively delivered to the tumor and surrounding tissues can be spared as much radiation as possible. I-125 seeds remain in place permanently delivering a therapeutic dose of radiation over a period of approximately six months. During the first several months, the seeds are at their highest radioactivity. After 1 1/2 years there is no detectable radioactivity from the seeds.

General Information:

Use the card below (given to patients after the procedure) to place in your wallet indicating that you have a brachytherapy implant. Carry this card with you and alert medical personnel in case of an emergency or admission to the hospital or any other health care institution.

The following guidelines are based on commonly expressed patient and family concerns and you may wish to discuss these concerns further with Dr. Potters.

1. Pregnant women, infants and small children (less than 3 years of age) may be more susceptible to the effects of radiation than other people. You may hug and kiss them briefly but should avoid close contact by trying to maintain a distance of 2-3 feet from them. Such precautions are no longer necessary after 6 months from the date of seed implant.
2. You may be intimate with your partner without fear of exposing that person to radiation. However, if you received a prostate implant, during the first two ejaculations following insertion of the implant it is recommended that you wear a condom in the unlikely event that a seed may be passed.
3. You do not have to worry about contaminating someone or something by touching. For example, linens, clothing, tableware, dishes or toilet facilitates may be used by other persons without special precautions.
4. There are no limitations or restrictions in the use of mechanical or electrical equipment such as a pacemaker or microwave ovens.
5. There are no restrictions in activity, diet, or social activity excluding any previously discussed with your physician or otherwise in keeping with your medical condition.

Special Instructions: _____
