



YTTRIUM-90 MICROSPHERES (EG SIRSPHERES OR THERASPHERES) PATIENT DISCHARGE INSTRUCTIONS

1. Take Tylenol 325 mg or 500 mg (one tablet) every 6 hours as needed for mild to moderate pain.

Do not take over 4 Tylenols a day. (2 grams)

2. If Tylenol **does not adequately control your discomfort**, you may take other prescribed pain medicine every 6 hours, as needed. We do recommend that you **take narcotic pain medicine at bedtime for the first two nights at home after discharge** from the hospital. Experience with patients has shown that if this is done they will sleep better and will be less likely to be awakened by pain.
3. Since narcotic pain pills can cause severe constipation, we recommend that you take **Colace 100 mg twice a day** (or a similar stool softener) until you stop using the narcotic pain pill. Once you stop taking the narcotic pills and your bowel activity returns to normal, you can stop taking the Colace. It is also very helpful if you **eat a lot of fruit and leafy green vegetables and drink lots of liquids to help keep from becoming constipated**. If constipation occurs, use a laxative of choice, such as **Milk of Magnesia**. It is important that your bowels move regularly to decrease the chance of belly pain or confusion.
4. As the Y-90 laced microspheres may upset your stomach, a drug such as **Nexium, Protonix or Prevacid** will be prescribed for 4 weeks following the procedure.
5. You may experience some nausea after discharge. This is normal. However, report **to the Angio team nausea lasting over 24 hours** and which does not get better after taking medicine such as Phenergan or **Zofran**. Since some nausea is normal after this procedure, you will be given a prescription for a medicine such as Phenergan or Zofran. Take Phenergan or Zofran only if nauseated and no more frequently than every 6 hours.
6. **Do Not Drive for 48 hours after the procedure or while taking the narcotic pain pills or the nausea medicine.**
7. For about two weeks, your body will emit detectable radiation from the region near your liver at levels that do not pose a significant risk to others. However, it is standard regulatory practice to avoid exposing anyone to unnecessary radiation. Therefore, **avoid sitting or standing within 3 feet of others for the next 3 days**, during which time the radiation levels will be at their highest. This precaution **is especially important in regards to children (e.g. anyone under 18 years old) and pregnant women**. After this time, the radiation will have decayed to negligible levels.
8. **If you have to go to a doctor or Emergency Room within 3 days of this treatment, notify the medical staff that you have a small amount of radiation in your liver.**

9. Slowly increase your activities over the first week. Remember to allow yourself breaks between activities. **Even if you feel good, do not overdo exercising the first week**, otherwise you will regret it the next day. As the tumor breaks down over the first two weeks, it releases substances into your system that make you feel tired.
10. **Please call us if** you have any of the following problems if:
 - a. You have a fever of 101 degrees or higher or any fever that is persistent for more than 5 days.
 - b. You seem to be feeling worse for 2 consecutive days. Although you may have some peaks and valleys, in general, you should gradually feel better as each day passes. Most patients tire easily the first week or two after the procedure. However, by the third week after the embolization, most patients start to feel a lot better, with just a few, occasional episodes of discomfort.
 - c. You are unable to keep your food down or you begin to vomit.
 - d. Your pain is becoming worse, not better.
 - e. You think you might be having a reaction to a medication (for instance, a rash, nausea, upset stomach, etc).
 - f. You notice jaundice.
 - g. You develop redness, a discharge, pain, swelling or bleeding at catheter site.
 - h. If you develop pain or coolness in either of your legs.
 - i. If you have any questions.
11. We will make sure your surgeon and local doctor have a copy of our report.
12. In one month we will have you return for a CT scan of your liver. Do not eat for 4 hours prior to this procedure. Once the CT is complete, please take some time to eat and then report to Angiography approximately one hour after the completion of the CT. This will give us some time to read the CT and discuss the findings with you. We will contact you with the day and time of your CT. Whenever possible we will try to schedule the CT on the same day as other office visits to your surgeon or other doctor.
13. **Our phone number is 434-924-9401.**

Please ask _____, or Dr. _____.

If one of us is not available, or if it is at night or on a weekend, please call 434-924-9400 and ask for the Angio/Interventional Radiology fellow on call.

If you call during regular working hours and _____ and

Dr. _____ are away, please ask for the Triage Fellow or the Primary Attending.