

**BRACHYTHERAPY SEED RADIATION CONCERNS**  
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Let me try to somewhat clear up this controversy regarding brachytherapy seed radiation activity and what to avoid post-seeding:

Concerns regarding radiation exposure following brachytherapy seed implants:

The type seeds makes a difference on how soon the radioactivity will be expended. Cesium 131 provides 90% of its total dosage in just 33 days and has a half life of just 9.7 days; Palladium 103 provides 90% of its total dosage in 58 days and has a half life of 17 days; and Iodine 125 provides 90% of its total dosage in 204 days and has a half life of 60 days. Thus, duration of concern also includes the type seeds implanted.

Foregoing found in <http://www.proxcelan.com/aboutproxcelan.asp>

Following from Mayo:

<http://www.mayoclinic.com/health/prostate-cancer-brachytherapy/AN01629>

or if won't open, try: <http://tinyurl.com/yzad99d>

Your radiation oncologist can provide detailed information about the specific treatment used. Recommendations for the first two months after seed implantation may include:

- Avoiding sexual intercourse for two weeks
- Using a condom during sexual intercourse in case a seed is passed during ejaculation
- Limiting close contact with children and pregnant women
- Not allowing children to sit on your lap for extended periods of time

If you travel to foreign countries, you may encounter radiation detectors at some border security checkpoints. Consider carrying a card from your radiation oncologist indicating that you have had a prostate seed implant.

Here is another report but the URL I originally found the information is no longer active:

PRECAUTIONS FOR THE FIRST WEEK AFTER IMPLANT · Although it is rare, a seed may be lost through the urine. If you do lose a seed simply flush it down the toilet. If it drops outside the toilet retrieve it with a tweezers and flush down toilet.

- Sexual intercourse may be resumed after the implant. It is possible to lose seeds in the ejaculate. For this reason we recommend that condoms be used for the first week. It is normal for the ejaculate to be discolored brown or black for up to several weeks following the procedure; this is a normal result of bleeding that may have occurred during the implant.

#### PRECAUTIONS FOR TWO MONTHS

- Children should not sit on your lap.
- Pregnant women in the same room with you should stay a distance of six or more feet away from you.

And yet another:

<http://www.california-impact.org/documents/BrachytherapyYou.pdf>

There are some safety measures that you should follow after your implant. For about six months after your treatment, you should avoid long hugs with pregnant women or young children. Young children should not sit on your lap for about six months after your implant. You should avoid letting young family pets sit in your lap for long periods. This is not a problem if the animal is older. You may want to talk to the any pregnant women or children you know before you have your seed implant so they know about the safety measures ahead of time.

If you want to spend more than ten minutes talking to a pregnant woman, she should sit or stand at least three feet (the length of a yardstick) away from you. This will keep her and her unborn baby safe from even the small amount of radiation given off by your seed implant. You should not be worried about visiting, or being visited by your family or friends. Four to six months after your seed implant, the radiation level will have fallen so low that it is barely there.

It is safe to sleep in the same bed as your partner. It is safe for you and your partner to have sex three days after your seed implant. Most men find they can have sex one to two weeks after their seed implants. You can stay at home with your family, move around, travel or meet other people.

So, if the spouse/partner is not pregnant, the intimacy of hugging, cuddling, and kissing can continue. Then, at least after no more than two weeks, more “complete” intimacy can be accomplished if the patient is “up” to it.