

# Y90 Patient Discharge Instructions



PATIENT  
EDUCATION

Department of Nuclear Medicine  
716-845-3282

## 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 a dose of \_\_\_\_\_ millicuries of Yttrium-90 from the microspheres given to you on \_\_\_\_\_.

Over the next 3 weeks, your body will break down and eliminate the radioactivity. 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 a while 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 \_\_\_\_\_.

### 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.

**Y90 patient discharge instructions** are crucial for ensuring the safety and well-being of patients who have undergone Yttrium-90 (Y90) radioembolization therapy. This specialized treatment is often used for patients with liver cancer or metastatic liver disease. After the procedure, it is essential for patients to understand their care instructions to facilitate recovery and minimize potential risks. This article will provide an in-depth overview of Y90 patient discharge instructions, including what to expect post-procedure, signs and symptoms to monitor, activity restrictions, and follow-up care.

## Understanding Y90 Radioembolization

Y90 radioembolization is a minimally invasive procedure that involves injecting radioactive microspheres directly into the blood vessels supplying a tumor in the liver. This targeted approach

allows for localized radiation therapy while sparing healthy tissue. Patients often experience a range of benefits from this treatment, including reduced tumor size and improved quality of life.

## What to Expect After the Procedure

Immediately following the Y90 procedure, patients may experience a variety of physical sensations and side effects. It is essential to have realistic expectations as the body begins to recover.

- **Pain or Discomfort:** Patients may feel pain or discomfort in the upper abdomen, which can be managed with prescribed medications.
- **Fatigue:** It is common to feel fatigued after the procedure due to the body's response to the treatment.
- **Nausea:** Some patients may experience nausea, which can be alleviated with anti-nausea medication.
- **Radiation Precautions:** Since Y90 is a radioactive substance, patients will need to follow specific precautions to minimize exposure to others.

## Y90 Patient Discharge Instructions

Upon discharge, patients will receive detailed instructions to ensure a smooth recovery. It is important to follow these guidelines closely.

## Radiation Safety Precautions

To ensure safety for both the patient and those around them, adhere to the following precautions:

1. **Limit Close Contact:** Avoid close physical contact with others, particularly pregnant women and young children, for at least a week.
2. **Maintain Distance:** Keep a distance of at least six feet from others when possible, especially in confined spaces.
3. **Personal Hygiene:** Wash hands frequently and maintain good personal hygiene to reduce the risk of infection.
4. **Dispose of Waste Properly:** Use separate bathroom facilities if available. Dispose of any bodily fluids (like urine) appropriately, and flush the toilet twice after use.

# Monitoring Symptoms

Patients should be vigilant about monitoring their symptoms after the Y90 procedure. Report any concerning signs to a healthcare provider promptly. Important symptoms to monitor include:

- Severe abdominal pain that does not improve with medication.
- Persistent nausea or vomiting.
- Fevers above 100.4°F (38°C) or chills.
- Jaundice (yellowing of the skin or eyes).
- Unusual fatigue or weakness that worsens over time.

# Activity Restrictions

Following Y90 treatment, patients are encouraged to ease back into their normal routines gradually. However, specific restrictions should be followed:

1. **Avoid Strenuous Activities:** Refrain from heavy lifting, vigorous exercise, or strenuous activities for at least one week.
2. **Limit Driving:** Patients should avoid driving for 24 hours after the procedure or longer if they are feeling unwell or taking sedating medications.
3. **Stay Hydrated:** Drink plenty of fluids to help flush out the radioactive material from the body.
4. **Rest:** Ensure adequate rest and sleep to aid in the recovery process.

# Follow-Up Care

Follow-up appointments are a critical aspect of post-Y90 therapy care. Patients should adhere to the following:

# Scheduling Appointments

Patients should schedule follow-up appointments as directed by their healthcare provider. These appointments may include:

- Blood tests to monitor liver function and overall health.
- Imaging studies to assess the effectiveness of the treatment.
- Consultations with oncologists or radiologists for ongoing management.

## Medication Management

Patients may be prescribed medications to manage pain, nausea, or other symptoms. It is essential to:

1. **Take Medications as Directed:** Follow the prescribed dosing and schedule carefully.
2. **Report Side Effects:** Communicate with healthcare providers about any side effects or concerns related to medications.
3. **Avoid Over-the-Counter Medications:** Consult with a healthcare provider before taking any new medications, including over-the-counter pain relievers.

## Emotional and Psychological Support

Undergoing Y90 treatment can be an emotional experience. Patients should not hesitate to seek support. Here are some recommendations:

- **Communicate:** Talk openly with family and friends about feelings and concerns.
- **Consider Support Groups:** Joining a cancer support group can provide comfort and connection with others undergoing similar experiences.
- **Seek Professional Help:** If feelings of anxiety or depression persist, consider speaking with a mental health professional.

## Conclusion

In conclusion, **Y90 patient discharge instructions** are vital for ensuring a safe and effective recovery after radioembolization therapy. By following the outlined guidelines for radiation safety, monitoring symptoms, respecting activity restrictions, and maintaining follow-up care, patients can

optimize their recovery and enhance their quality of life post-treatment. Always remember that open communication with healthcare providers is crucial to addressing any concerns or complications that may arise during the recovery process.

## **Frequently Asked Questions**

### **What is Y-90 and how does it work in treatment?**

Y-90, or Yttrium-90, is a radioactive isotope used in a type of targeted radiation therapy called radioembolization. It works by delivering localized radiation directly to tumors, primarily in the liver, minimizing damage to surrounding healthy tissue.

### **What should I expect during the Y-90 treatment process?**

During the Y-90 treatment, patients typically undergo a catheterization procedure where the radioactive beads are delivered directly into the blood vessels feeding the tumor. The procedure usually lasts a few hours, and patients may need to stay in the hospital for observation afterward.

### **What are the key discharge instructions after Y-90 treatment?**

Key discharge instructions include staying hydrated, monitoring for any signs of complications (like fever or abdominal pain), avoiding close contact with pregnant women and children for a specified period, and following up with your healthcare provider for scheduled check-ups.

### **How long should I avoid close contact with others after Y-90 treatment?**

Patients are generally advised to avoid close contact with pregnant women and children for about 1 week after treatment to minimize radiation exposure. Your healthcare provider will give specific guidelines based on your individual case.

### **What side effects should I be aware of post-Y-90 treatment?**

Common side effects may include fatigue, abdominal pain, nausea, or fever. Some patients might also experience liver function changes. It's important to report any severe or persistent side effects to your healthcare provider immediately.

### **Is there any special diet or lifestyle changes I should follow after Y-90 treatment?**

While no specific diet is required, maintaining a balanced diet and staying well-hydrated can support recovery. Avoiding alcohol and heavy meals may also be advised until your healthcare provider indicates otherwise.

### **When should I contact my healthcare provider after discharge?**

Contact your healthcare provider immediately if you experience severe abdominal pain, prolonged

fever, significant changes in your liver function, or any other unusual symptoms. Also, attend all scheduled follow-up appointments for monitoring.

## What follow-up care is necessary after Y-90 treatment?

Follow-up care typically includes regular imaging studies (like CT scans) and blood tests to evaluate liver function and monitor for any potential tumor response. Your healthcare provider will create a tailored follow-up plan based on your treatment response.

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*Jesus Paid It All > Lyrics | Elvina M. Hall - Timeless Truths*

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Get essential Y90 patient discharge instructions to ensure a smooth recovery. Learn more about post-treatment care and important follow-up tips for optimal health.

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