

Your doctor would like you to have a Y-90 Therapy and has arranged for you to visit our department. We would like your visit to be as pleasant as possible and hope this leaflet will answer some of the questions you may have.

Q. WHAT IS Y-90 THERAPY?

A. The therapy involves the injection of a liquid compound called Yttrium-90 Silicate Colloid directly into the joint being treated. This will give local radiation therapy from within the joint, reducing the swelling of the joint and the build-up of fluid.

Q. IS THE PROCEDURE SAFE?

A. Yes. We will ensure that the amount of radiation you receive is as small as possible for the treatment to be effective. The majority of the radiation will stay in the joint being treated and will not affect the rest of your body.

Q. DO I NEED TO PREPARE FOR THE THERAPY?

A. No, you do not need to do anything special. You can eat and drink normally. It would be useful to us however if you could wear clothing that would allow easy access to the joint being treated.

Q. HOW IS IT CARRIED OUT?

A. Shortly after you arrive you will be seated in our administration room and given an injection of Yttrium-90 into your joint by a Nuclear Medicine consultant. We will give you a local anaesthetic before doing this. It may also be necessary to draw off any excess fluid that has built up in the joint.

Q. ARE THERE ANY CONTACT RESTRICTIONS?

A. No, The radiation used is very short range – very little will escape the body and so no precautions need to be taken regarding close contact with others.

Q. IS THERE ANYTHING I SHOULD TELL THE STAFF BEFORE THE THERAPY?

A. Would women please tell us if you are pregnant or if you think you may be pregnant. Also, please inform us if you are breast-feeding. Women between the ages of 12 and 55 will be asked on the day of their therapy to confirm they are not pregnant. If there is any doubt, we are legally obliged to perform a pregnancy test before proceeding.

Q. ARE THERE ANY SIDE EFFECTS?

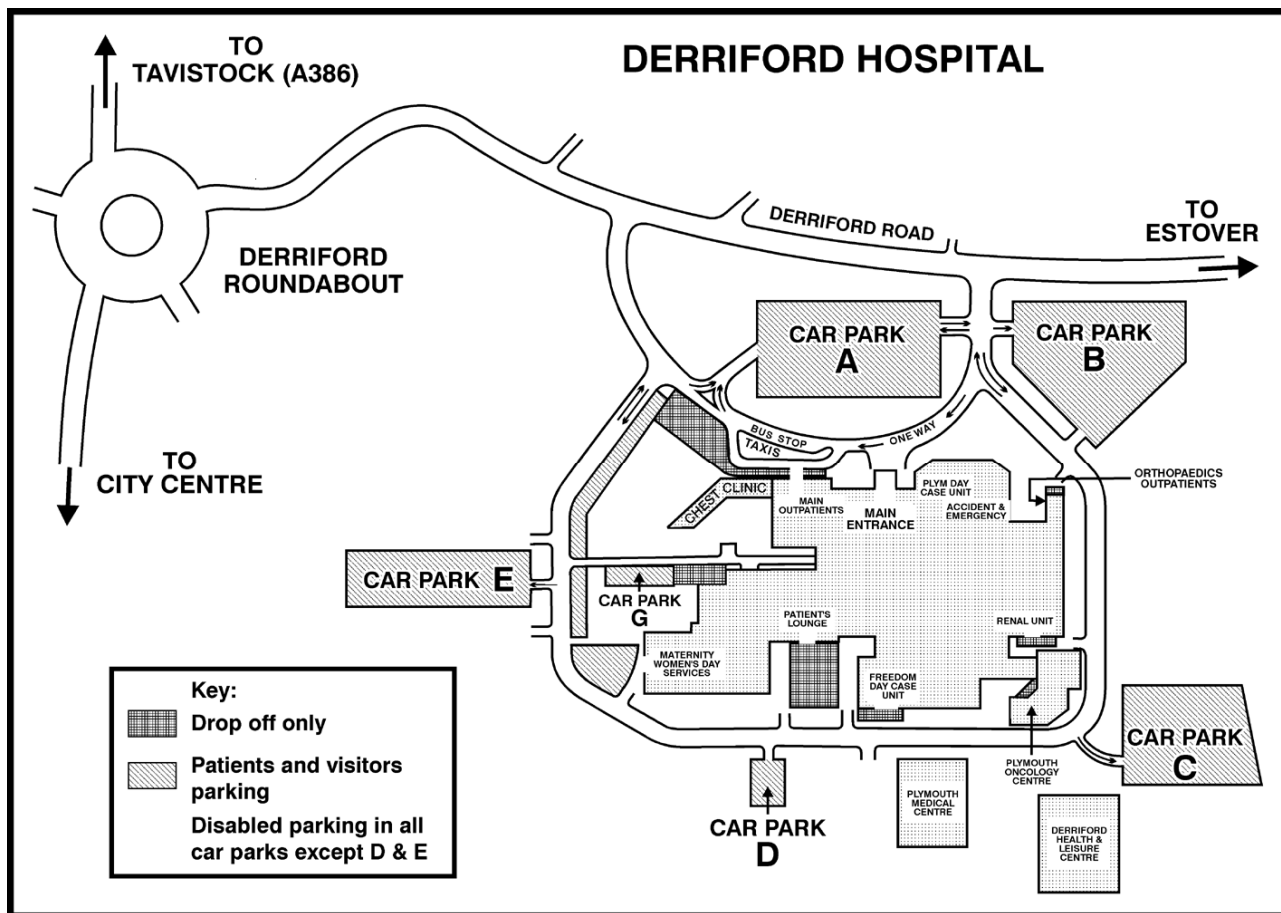
A. A very small number of patients experience some swelling of the joint up to 3 days after the injection. If this occurs you should contact the department and we will advise you accordingly. Very rarely there may be infection in the joint as a complication. If the joint becomes hot, red or swollen and is painful or you are concerned that it may be infected you should seek URGENT medical advice.

Q. WHAT CAN I DO AFTER THE TREATMENT?

A. You can go home, but you must keep the joint immobilised - extended (straight) for 48 hours. We advise that you don't use stairs or go for walks etc - Movement of the joint can lead to the radiation moving to other parts of the body.

Q. WILL I NEED ANOTHER TREATMENT IN THE FUTURE?

A. We find most patients respond well to the treatment, but on occasion some patients do have to return for a further treatment.



**Information
for
Patients:

Your Y-90 Therapy**

Car Parking

Parking at the hospital is sometimes difficult and there are restrictions - **PLEASE PARK IN DESIGNATED PAY AND DISPLAY AREAS ONLY:** The charges are: FREE for up to 45 mins, £2.20 for 45 mins - 2 hours, £3.30 for 2 - 3 hours, £4.40 for 3 - 4 hours, £6.60 for 4 - 6 hours and £8.00 for 6 - 8 hours. There is a change machine at the hospital main entrance on level 6. Alternatively, you can use the George junction Park & Ride at Roborough which is less than a mile north of the hospital. Parking is FREE but you will need £1.20 for the bus (60/60A).

The Nuclear Medicine department is signposted from the Main Reception and is on the same level. The walk to the department is a long one, so please ask for help at the main reception desk if you need a wheelchair

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**Department of
Nuclear Medicine**

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