

# After Y-90 TheraSphere<sup>®</sup> Treatment

## Information for patients

Read this resource to learn:

- What is Y-90 TheraSphere treatment
- About side effects of treatment
- What to expect after your treatment
- Radiation safety instructions to follow after your treatment
- Who to contact with any questions



## What is Y-90 TheraSphere treatment?

Y-90 microspheres are very small glass beads with radioactive Y-90 inside that become inactive over time. The Interventional Radiologist (IR doctor) will injects the TheraSpheres into the liver.

## Why do I need this treatment?

You have been treated with TheraSphere treatment using Y-90 microspheres because you and your doctor have agreed that it is the best treatment for your illness.

## What are the side effects?

The usual side effects are:

- stomach pain
- fatigue (feeling tired)
- vomiting
- fever
- nausea (feeling like throwing up)



These side effect usually get better after 2 days.  
**If they last more than 7 to 10 days, call your doctor.**

There is a small chance that TheraSphere could enter your lungs or digestive tract. This could cause:

- Lung damage, which could include swelling, scarring or shortness of breath
- Irritation of the gastrointestinal tract, which could cause pain, nausea, vomiting, ulcers, bleeding or pancreatitis (swelling of the pancreas)

**Call your doctor as soon as you have any side effects.**

## What happens after TheraSphere treatment?

- Once you go home, you can be in a room with friends and family.
- You can go back to your everyday activities 1 day after your treatment.
- Don't exercise or do any heavy lifting (more than 10 pounds or 4.5 kilograms) for the next 3 days.
- You will be able to go back to work after recovering from the treatment. Ask your doctor if you have any questions.

## What do I need to know about radiation safety?

Do not have close contact with young children and pregnant people for 1 week after the therapy.

If you plan on travelling to other countries within 1 month of treatment you must speak to the nuclear medicine department.

If you have to go to a doctor or emergency room or need surgery within 3 days of treatment, you must tell the medical staff that you have a small amount of radiation in your liver.



### **In case of emergency:**

If a medical emergency happens after Y-90 TheraSphere treatment, call 911 or go to the nearest emergency department.

## Who can I call if I have questions?

During daytime work hours:

### **Clinical Research Nurse Coordinator**

Pager: 416 715 1073

### **Radiation Safety Office**

Phone: 416 340 4801

In the evening or after hours:

### **Interventional Radiologist on-call**

Phone: 416 340 3155



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