



Prostate Health Experts

Post Radiation Therapy Guidelines

Congratulations on successful completion of your treatment. In order to optimize a complete recovery and to minimize any post radiation therapy side effects, the following instructions are recommended. We will monitor the success of your cancer treatment with blood tests to measure PSA levels every 3 months.

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| Month 1 | Flomax one tablet at night
Continue daily use of Metamucil |
| Month 2 | Decrease Flomax to one tablet every other night
May slowly return to a <u>normal diet</u> . May resume <u>daily aspirin</u> and <u>fish oil</u> , if it was discontinued during treatment. Should a small amount of rectal bleeding occur, please notify our office. |
| Month 3 | May try to stop Flomax if no difference between the days you take Flomax and the days you don't take Flomax
If urinary symptoms worsen, resume taking Flomax every night, and try to decrease medication the following month.

Follow-up appointment at Arch Cancer Care _____
Your PSA blood work will be drawn at this time.
Avoid sexual activity 2-3 days before your PSA test. |
| Month 6 | Follow-up appointment with St Louis Urological Surgeons. |
| Month 9 | Follow-up appointment at Arch Cancer Care. _____ |
| Month 12 | 1 year anniversary follow-up appointment with St. Louis Urological Surgeons. |

Call (314) 523-5444 for any questions or problems