

## Your Y90 Assessment/Treatment Appointments

### Patient Particulars:

Appointment Date/Time:

\_\_\_\_\_

Estimated Fees for Outpatient:

\_\_\_\_\_

Note: Please do not bring valuables or excess cash with you. Patients and visitors are responsible for personal belongings.

Please arrive at least 15 mins before the appointed time to register and prepare for the procedure.  
We appreciate your understanding should an unforeseen delay occur due to medical exigencies.  
Kindly inform us if you are unable to keep to the scheduled appointment.

### Preparation Instructions for Patient

(Staff to  the appropriate boxes)

- Stop anticoagulation / antiplatelet drugs / Warfarin / aspirin **starting from 7 days prior to procedure date.**
  
- Please report for **admission** at \_\_\_\_\_.  
(Except PICC, FNA (Thyroid), Nerve Root Block)
  
- Patients with diabetes**, please stop all medication on the day of procedure. **Patients on Metformin** to stop medication on the day of procedure and to restart after 48 hours.  
  
Stop medication date/time: \_\_\_\_\_ Restart medication date/time: \_\_\_\_\_
  
- For patients with **asthma / multiple drug allergies / previous reaction to injection of contrast** media, please consult your doctor for preparation.
  
- Other special instructions: \_\_\_\_\_

**Please bring this leaflet on the day of your appointment**

# Y90 Assessment/Treatment

## Patient Information Leaflet

**National University Hospital**  
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OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)  
[www.nuh.com.sg](http://www.nuh.com.sg)

Your doctor has referred you for Internal Radiation Therapy with **Yttrium 90 (Y90) Radioembolisation** for your liver lesion.

## What is Y-90 Radioembolisation

Radioembolisation combines embolisation and radiation therapy for treatment.

The Radiation therapy involves introducing a radioactive material into the lesion using the radioactive isotope Yttrium Y90. They become lodged at the site where a high dose of radiation will be delivered directly.

## What to Expect for the Procedure

### Before the Procedure

Your primary doctor will obtain your written consent, stating that the intent of procedure and alternatives to proposed procedure have been explained to you.

On the day of the procedure, your attending interventionist will explain to you the technicalities of the procedure and risks. Your written consent will be obtained again before proceeding. (For patients under the age of 21, parental consent is required.)

### During the Procedure

This procedure is performed in two parts:

**Part 1:** Angiogram – a catheter will be inserted into the artery at your groin and then guided to the hepatic artery.

**Part 2:** The radioactive material will be injected through the catheter into the main artery that feeds your liver

Some patients may experience some side effects. They are abdominal pain, fever, transient abnormality of liver function tests, nausea, vomiting and diarrhea.

## After the Procedure

### Radiation Safety Issues

1. You will be hospitalised in a single room for about 2 days after the Y90 therapy.
2. For a week following treatment, you will need to limit contact and maintain an appropriate distance with others while the radiation in your body diminishes.
3. For the first 24 hours after Y90 therapy: sit down to urinate and double flush the toilet after urinating.

### For four days after the procedure

- Wash hands frequently
- Drink plenty of liquids
- Use separate eating utensils

### For ONE WEEK after the procedure

- Avoid sleeping in the same bed as your partner.
- Avoid using public transportation (including air travel) that requires you to sit next to another person for more than two hours.
- Limit time spent in public places.

- **DO NOT come in close contact with children or pregnant women.**
- Adult visitors may approach the patient for periods of a few minutes at a time. For prolonged periods, they should keep a distance of at least 2 metres (6 feet).

## Other important notes

- If you have to see a physician or go to the emergency department within 3 days following your treatment, notify them of your Y90 treatment and that there is a small amount of radioactive material in your liver. This should NOT delay your treatment.
- For women of child-bearing age, you must not become pregnant within 2 months of being treated. The same goes for men who are planning to have a child, effective contraception must be used at all times during these period.

## Important Points for Visitors

- Visitors in the ward are allowed for not more than a period of 30 – 40 minutes.
- Pregnant women and children under 13 years old should not be visiting in the first 2 days after the procedure.

## What Are the Risks

There is a very small risk of an allergic reaction if contrast material is injected.

Any procedure that involves placement of a catheter inside a blood vessel carries certain risks. These risks include damage to the blood vessel, bruising or bleeding at the puncture site, and infection.

There is a risk that the microspheres may lodge in the wrong place, putting the patient at risk for an ulcer in the stomach or duodenum. There is also a risk of infection after radioembolisation, even if an antibiotic has been given.

Please keep this information sheet with you for the next six months. Whilst this is not expected, should your condition deteriorate and/or you are admitted within six months of the Y90 therapy, you or your next-of-kin must inform us at the contact numbers below. After six months of your therapy, this no longer applies.

**If you have any queries, please do not hesitate to contact Maureen Da Costa (Liver Cancer Coordinator)**

Tel: 67726308      Mobile: 9685 5602      Email: maureen\_da\_costa@nuhs.edu.sg

This brochure is classified as Unclassified, Non-Sensitive

The information in this brochure is meant for educational purposes and should not be used as a substitute for Medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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