After Your Y-90 Radioembolization Treatment

How do I keep people around me safe from radiation exposure?

After treatment with Y-90 radioactive material, you will emit a small amount of radiation.

These levels are quite low. After treatment, you have no special precautions to follow to limit exposing other people to radiation. It is safe for people to be around you.

In 1 to 2 weeks after your treatment, your radiation levels will go back to what they were before your treatment.

What side effects can I expect?

- You will likely have pain in the upper, right side of your abdomen for up to a week. The pain may spread to the shoulder or back. We will give you a prescription for medicine to help control the pain.

- You may feel more tired than usual and tire more easily for up to 3 weeks after the procedure.

- You may feel sick to your stomach and not feel like eating for several days. You will be given a prescription for medicine to control the nausea. You may lose some weight before you feel like eating again. Drink 6 to 8 glasses of fluids each day so your body does not get dehydrated. It may help to eat smaller meals throughout the day, instead of 3 large meals.

- You might have a temperature of up to 101º F (38.3º C) for 1 to 2 weeks after the treatment. You can take ibuprofen (Motrin or Advil), every 6 hours to help with fever, as needed. Aceteminophen (Tylenol) can be taken every 6 hours, but do not take more than 2 grams of aceteminophen each day.

- It is normal to have a bruise and feel sore where the angiogram catheter went in to your upper leg. The bruising might go down the thigh.

- For many patients, we cover the insertion site with glue to keep it clean. Do not peel off the glue. Let the glue come off on its own over time.

How active can I be?

- Do not drive for 2 days after the procedure.

- Limit walking up and down stairs for 2 days after the procedure.

- Do not lift more than 5 pounds for 10 days.

- Do not do any heavy exercise for 2 weeks to keep the insertion site from bleeding. Bleeding at the insertion site can be dangerous.

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Will the Y-90 effect other medicines I take?

- If you take Metformin, do not take it for 48 hours after treatment.

- You can take your other medicines right away, unless we give other instructions.

Will else do I need to know?

We will call to check on you after you go home. We will also schedule a follow-up imaging appointment within 1 to 2 months after the treatment.

Call us right away if you:

- have a temperature of more than 101° F (38.3º C) or chills

- have pain that does not get better after taking prescription pain medicine

- have pain that suddenly gets worse or changes in any other way

- are so sick to your stomach that you cannot keep down any food or fluids

- have bleeding or sudden swelling at the insertion site.

Who can I contact with questions?

For any problems, concerns, or questions, call Interventional Oncology at (615) 343-9206.

After hours (between 3:30 p.m. and 7:00 a.m. on weekdays, and on weekends and holidays), call (615) 322-5000. Ask for the Interventional Radiology Fellow on call.

If you have an emergency, go to the nearest Emergency Room or call 9-1-1.