Y90-CITRATE COLLOID SYNOVECTOMY

Patient Information on radiation safety

WHAT IS Y90 (Yttrium)-CITRATE THERAPY?
Y90-Citrate is used primarily in the treatment of chronic proliferative synovitis and effusions of large joints. It achieves partial synovectomy due to irradiation of the joint and is less traumatic than surgical synovectomy.

ARE THERE ANY RADIATION SIDE EFFECTS FROM THIS PROCEDURE?
Any radiation treatment procedure carries some risk. Your doctor recommends this procedure since the treatment benefits are thought to outweigh the risks. A few weeks prior to the treatment, a consultation with a Nuclear Medicine Physician will be carried out and the procedure will be explained in detail.

ARE THERE ANY RISKS FOR PREGNANT WOMEN?
There is no evidence on the safety and effectiveness of this treatment in pregnant women, nursing mother and children. Therefore, this treatment should not be given to pregnant women, nursing mothers or children. If you are a female and still able to have children you should ensure that you do not become pregnant for at least three months following the treatment.

If there is a possibility you might become pregnant at any time after the treatment, there may be other important health issues to consider and you should discuss further with your doctor.

WHAT HAPPENS ON THE TREATMENT DAY?
A Physician or Radiologist will inject local anaesthetic into the joint, remove some fluid from the joint, and then inject the Y90-Citrate into the joint. Sometimes the Doctor may require the use of an Xray machine to establish if the needle is situated within the joint before injection. The joint will then need to be immobilized using a splint for 24 hours after the injection and during this time you will be required to stay in hospital.

CAN PREGNANT AND SMALL CHILDREN VISIT DURING YOUR STAY IN THE HOSPITAL?
Children and pregnant women should not visit you during your stay in the hospital.

PRECAUTIONS TO BE TAKEN ONCE DISCHARGED?
1. Avoid prolonged, close contact with young children and pregnant women for a week following the treatment.
2. It is recommended to sleep in a separate bed with your partner or children for few days (3 to 4 days after you return home.
3. Yttrium-90 is not generally excreted in the urine. However it is important to use good hygiene and hand-washing for all visits to the toilet.