

Image guided external beam radiotherapy

Image guided external beam radiotherapy (IGEBRT) is one of the options to treat localised prostate cancer and is particularly used when patients are not suitable for surgery. This is performed publicly through the Royal Adelaide Hospital Radiation Oncology Department or the Lyell McEwin Hospital or privately (private insurance not required) through GenesisCare or Icon Cancer Centre.

Tiny inert gold seed fiducial markers may be inserted as a minor day surgical procedure under local anaesthetic and trans-rectal ultrasound guidance to aid patient positioning before each treatment once the course begins. A SpaceOAR injection, a gel injected between the rectum and prostate may be recommended, to reduce the radiation dose to the rectum. CT & MRI scans are then performed for treatment planning. Prostate radiotherapy usually involves between 20 and 40 quick painless treatments five days a week.

It is common to experience some tiredness and bladder and bowel irritability during treatment and following treatment there may be some persistent, usually minor changes to bladder, bowel and erectile function.



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