



# Yttrium-90 Colloid Therapy for Joint Pain and Swelling

Facility:

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth:

Sex:  M  F  I

## A. Interpreter / cultural needs

- An Interpreter Service is required?  Yes  No  
If Yes, is a qualified Interpreter present?  Yes  No  
A Cultural Support Person is required?  Yes  No  
If Yes, is a Cultural Support Person present?  Yes  No

## B. Procedure

The following will be performed (*Doctor/doctor delegate to document – include site and/or side where relevant to the procedure*)

.....

.....

.....

Yttrium-90 therapy is where a dose of radiation is given into the joint to assist with control of the swelling and pain associated with some types of arthritis.

While the Y-90 colloid treatment may relieve symptoms, it will probably not slow or stop the damage caused to the joint by arthritis.

## C. Risks of the therapy

*This treatment uses a product that is not registered by the Australian Therapeutic Goods Administration (TGA). It has undergone little or no evaluation of safety, efficacy, or quality by the TGA. It may have unknown risks and late side effects. Extra information about your treatment will be given to you at time of appointment.*

In recommending the Yttrium-90 colloid therapy, the doctor believes the benefits to you from having this therapy exceed the risks involved.

The risks and complications with this therapy can include but are not limited to the following.

### Common risks and complications include:

- The therapy may not reduce your pain or swelling in your joints
- Pain or discomfort may be experienced during the therapy. The local anaesthetic may assist with this.
- An allergy to injected drugs may occur, requiring further treatment.
- Bleeding or bruising could occur. This is more common if you take Aspirin, Warfarin, Clopidogrel (Plavix and Iscover) or Dipyridamole (Persantin and Asasantin).
- Nerve damage is usually temporary, and should get better over a period of time. Permanent nerve damage is rare.
- Failure of local anaesthetic may require a further injection of anaesthetic or a different method of anaesthesia may be used.

### Less common risks and complications include:

- Temporary increase in joint pain and swelling after the procedure.
- Damage to surrounding structures such as blood vessels, organs and muscles. This may require corrective surgery.
- If the needle is not able to be positioned into the joint, x-ray guidance may need to be used. Very rarely, the procedure may need to be cancelled.
- Infection at the injection site requiring antibiotics and further treatment.

### Rare risks and complications include:

- Injected Yttrium-90 may leak outside of the joint, under the skin and into the fat tissues, causing radiation damage to the tissues, this may require treatment. In very rare cases, further surgery could be required.
- Blood clots in the limbs (DVT) causing pain and swelling. In rare cases part of the clot may break off and go to the lungs.
- Seizures and/or cardiac arrest due to local anaesthetic toxicity.
- Death as a result of this therapy is very rare.

## D. Women of child bearing age

*This therapy can not be performed if you are pregnant.*

Are you or could you be pregnant?

Yes  No  Unsure

If unsure, I agree to have a urine or blood pregnancy test

Yes  No

Are you breastfeeding?

Yes  No

If you have answered 'yes' or are unsure of any of the above questions, the health practitioner will obtain further advice and consult with a Medical Officer.

## E. Risks of radiation

The risks from this therapy need to be compared to the risks of your medical condition not being treated. Exposure to radiation may cause a slight increase in the risk of cancer to you over your lifetime.



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Sex:  M  F  I

## F. Patient consent

I acknowledge that the doctor/doctor delegate has explained the proposed procedure.

I understand;

- the risks and complications, including the risks that are specific to me.
- local anaesthetic is required for this procedure. I understand the risks, including the risks that are specific to me.
- that this therapy is a necessary as part of the management plan for my condition.
- if immediate life-threatening events happen during the procedure, they will be treated based on my discussions with the doctor/doctor delegate or my Acute Resuscitation Plan.
- a doctor/doctor delegate undergoing further training may conduct this procedure.
- that the product used for this therapy is not registered in Australia and that the possible benefits, risks and side effects of this product have been explained in detail to me.
- that the Commonwealth Government is not liable for the safety, quality or efficacy of the product.

### I have been given the following Patient Information Sheet:

**Yttrium-90 Colloid Therapy for Joint Pain & Swelling**

- I was able to ask questions and raise concerns with the doctor/doctor delegate about the proposed procedure and its risks. My questions and concerns have been discussed and answered to my satisfaction.
- I understand I have the right to change my mind at any time including after I have signed this form but, preferably following a discussion with my doctor/doctor delegate.
- I understand that image/s or video footage may be recorded as part of and during my procedure and that these image/s or video/s will assist the doctor to provide appropriate treatment.
- I understand that Queensland Health may release my relevant de-identified information obtained from this and related procedures for education and training of health professionals.

On the basis of the above statements,

## I request to have the procedure

Name of Patient: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Patients who lack capacity to provide consent

Consent must be obtained from a substitute decision maker/s in the order below.

Does the patient have an Advance Health Directive (AHD)?

Yes ▶ Location of the original or certified copy of the AHD: \_\_\_\_\_

No ▶ Name of Substitute Decision Maker/s: \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 Relationship to patient: \_\_\_\_\_  
 Date: \_\_\_\_\_ PH No: \_\_\_\_\_

#### Source of decision making authority (tick one):

- Tribunal-appointed Guardian
- Attorney/s for health matters under Enduring Power of Attorney or AHD
- Statutory Health Attorney
- If none of these, the Adult Guardian has provided consent. Ph 1300 QLD OAG (753 624)

## G. Doctor/delegate Statement

I have explained to the patient all the above points under the Patient Consent section (F) and I am of the opinion that the patient/substitute decision-maker has understood the information.

Name of Doctor/delegate: \_\_\_\_\_

Designation: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## H. Interpreter's statement

I have given a sight translation in \_\_\_\_\_

(state the patient's language here) of the consent form and assisted in the provision of any verbal and written information given to the patient/parent or guardian/substitute decision-maker by the doctor.

Name of Interpreter: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

DO NOT WRITE IN THIS BINDING MARGIN

### 1. What is Yttrium-90 Colloid Therapy

In some types of arthritis joint pain and swelling is produced by overgrowth and inflammation of the membrane lining the joints, called the 'synovium'. Injections of steroids into the joints may give relief. However, when this does not work, sometimes the injection of radioactive Yttrium-90 colloid (Y-90 colloid) may help.

While the Yttrium-90 colloid treatment may relieve symptoms, it will probably not slow or stop the damage caused to the joint by arthritis.

It may take up to 2 weeks before any relief occurs. However, as the cartilage of the affected joint becomes more worn and damaged the less likely the Y-90 colloid is to be effective. For this reason the treatment will not work as well in osteoarthritis or severely damaged joints.

### 2. Will there be any discomfort, is any anaesthetic needed?

This therapy will require an injection of local anaesthetic. It is used to prevent pain, but will not put you to sleep.

You may experience some discomfort during the therapy.

### 3. Preparation for the therapy

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The nuclear medicine department will give you instructions on how to prepare for your therapy.

- *You must not have Yttrium-90 therapy if you are, pregnant or there is any chance you might be pregnant.* If your pregnancy status is uncertain a pregnancy status will need to be confirmed with a urine or blood test. This is done by the Nuclear Medicine Department prior to the therapy commencing.
- *If you take Aspirin, Warfarin, Clopidogrel (Plavix and Iscover) or Dipyridamole (Persantin and Asasantin) or any other drug that is used to thin your blood ask your doctor/health practitioner if you should stop taking it before the therapy as it may affect your blood clotting.*
- *List or bring all your prescribed drugs, those drugs you buy over the counter, herbal remedies and supplements.*
- *Do not drink any alcohol and stop recreational drugs 24 hours before the therapy. If you have a drug habit please tell your doctor.*

### 4. During the therapy

While lying on a special flat table, local anaesthetic is injected below the skin. This will sting for 10 to 20 seconds.

Once the skin is numb, a needle is put into the joint. Sometimes X-rays are used to position the needle into the joint.

Once the needle is in the joint, the Yttrium-90 colloid is injected into the joint, followed by an injection of steroids. The needle is removed, a firm bandage applied, and a splint fitted to keep the joint immobile.

After 3 to 4 hours, some pictures may be taken with a gamma camera to make sure the Yttrium-90 is in the joint. You may then go home.

### 5. After the therapy

Try to keep off the injected limb for the first 48 hours after the injection.

Wiggle your toes or fingers at least every hour to prevent blood clots forming in the injected limb.

If the bandage or splint feels too tight your feet or hands may feel numb, cold, look pale or blue. The splint and bandage must be loosened or removed.

The splint, bandages and dressings can be removed after 48 hours. The bandages and dressing must be placed in a plastic bag, tied up and disposed of in the household rubbish.

Wash your hands after handling the bandages and dressings.

### 6. What are the risks of this therapy?

In recommending the Yttrium 90 colloid therapy, the doctor believes the benefits to you from having this therapy exceed the risks involved.

The risks and complications with this therapy can include but are not limited to the following.

#### Common risks and complications include:

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- Bleeding or bruising could occur. This is more common if you take aspirin, warfarin, clopidogrel (Plavix and Iscover) or dipyridamole (Persantin and Asasantin).
- Nerve damage is usually temporary, and should get better over a period of time. Permanent nerve damage is rare.
- Failure of local anaesthetic may require a further injection of anaesthetic or a different method of anaesthesia may be used.

**Less common risks and complications include:**

- Temporary increase in joint pain and swelling after the procedure.
- Damage to surrounding structures such as blood vessels, organs and muscles. This may require corrective surgery.
- If the needle is not able to be positioned into the joint, x-ray guidance may need to be used. Very rarely, the procedure may need to be cancelled.
- Infection at the injection site requiring antibiotics and further treatment.

**Rare risks and complications include:**

- Injected Yttrium-90 may leak outside of the joint, under the skin and into the fat tissues, causing radiation damage to the tissues, this may require treatment. In very rare cases, further surgery could be required.
- Blood clots in the limbs (DVT) causing pain and swelling. In rare cases part of the clot may break off and go to the lungs.
- Seizures and/or cardiac arrest due to local anaesthetic toxicity.
- Death as a result of this therapy is *very rare*.

**7. Risks of radiation**

The risks from this therapy need to be compared to the risks of your medical condition not being treated.

Exposure to radiation may cause a slight increase in the risk of cancer to you over your lifetime.

**8. What are the safety issues when you leave the hospital?**

Contact your GP or Rheumatologist or go to the nearest Emergency Department if you become unwell or have:

- Some increase in joint pain that is not relived by usual pain medications.
- The joint becomes very red and swollen.

**Notes to talk to my doctor/health practitioner about**