

Radiation Treatment with Rectal Spacer

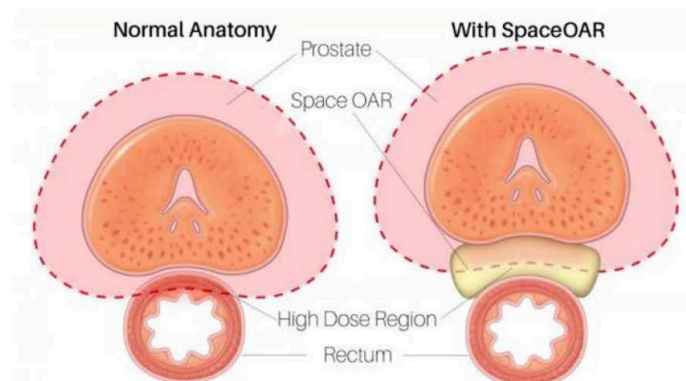
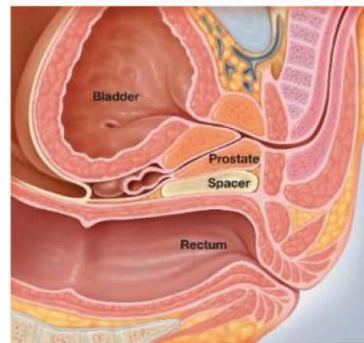
This information will help prepare you and your caregiver for your treatment.

What to Expect

Prior to radiation treatment, you will have a procedure to place gold fiducial markers in the prostate and a rectal spacer. Fiducial markers are very small metal markers. They are “rice-like” in size and allow your physician to precisely target the area to be treated, while avoiding your healthy tissues. The rectal spacer will be placed between your prostate and rectum, providing additional rectal protection. After your treatment is complete, the rectal spacer gel (made mostly of water) will be completely absorbed and dissolve, requiring no removal process.



SpaceOAR® Rectal Spacer



Before Your Procedure

A day or two prior to the procedure, you will need to buy two single-use Fleet enemas. The night before your procedure, you will need to do bowel preparation following your evening meal by using an enema.

To Perform an Enema:

- Remove the cap from the applicator tip and gently insert the tip into your rectum.
- Lying down or on your side, slowly squeeze the bottle to empty the contents into the rectum.
- For best results, stay lying down until you feel the urge to have a bowel movement. This should occur within 2-15 minutes.
- If you are not able to produce a bowel movement, please contact your nurse.

The morning of your procedure, you need to repeat the enema process, following the same instructions.

If you are receiving minimal sedation, you can eat a light breakfast the morning of the procedure. If you are receiving moderate sedation, **DO NOT** eat or drink anything after midnight the night before your procedure, including hard candy or gum. Between midnight and up until 2 hours before your scheduled arrival time, you may have a few sips of water to take any medications approved by your physician.

Make arrangements for someone, at least 18 years of age, to drive you to and from your procedure. They must be able to stay in the waiting room during the entire procedure and bring you home afterwards.

If you are taking aspirin, you will want to hold off taking it for 5 days prior to, and including, the day of the procedure. We will let you know when you can start. If you are taking aspirin or any other blood thinner for a clotting disorder or cardiac condition, we will need to discuss further with your cardiologist and/or hematologist to find out what is safe.