

Rectal Spacer (SpaceOAR) +/- Prostate Fiducials Post-procedure Instructions

Diet

You may resume your normal diet. Be sure to drink plenty of water to flush the urinary tract. Be sure to eat fiber (vegetables, fruit) to avoid constipation or straining for a bowel movement. If you choose to drink alcohol, wait at least 48 hours after the procedure.

Activity

Avoid any strenuous activity for the next three days. This includes activities such as jogging, bicycle riding, cutting the grass, shoveling snow, etc. You can go back to work the following day. Avoid intercourse for the next week.

Medications

Continue to take all your regular medications as usual. If you were taking Aspirin or other blood thinner, restart it 24 hours after the procedure. Continue to take the antibiotic you were instructed to start the night before the procedure until it is complete.

What you may experience

Discomfort or mild pain

There may be some discomfort or mild pain related to the procedure in the perineum and around the rectum, which are usually not severe. You may take over-the-counter acetaminophen (extra-strength Tylenol) as needed (no more than 2 tablets per time, and no more than 4 tablets in 24hrs). It is very uncommon to require more than 1-2 doses or to have significant or worsening pain. In such case, call your doctor or prompt closest emergency department.

Blood in the perineum

You may have some spotting from the needle punctures. If this bleeding is persistent, please call the office. If you have redness and warmth or purulent discharge from these puncture areas, you should call your doctor as you may have an infection.

Blood in the urine

You may see blood in your urine (note: it takes a small amount of blood to turn urine pink, red or cola-colored). This can occur for a few days and up to a week after the procedure but should improve over the course of time. Limit physical activities and increase the fluid intake to flush the bladder and avoid clotting. If you are having trouble urinating, the bleeding is excessive, or you see thick blood in the urine (similar to dark fruit punch or tomato juice) call your doctor or prompt the closest emergency department.

Blood in the ejaculate

It is very normal to see blood or a “rusty” color in your ejaculate after the procedure. This can occur for up to 2 weeks and intermittently.

Rectal symptoms

You might have a feeling of fullness in your rectum for the 2 days after your procedure. This is normal and most commonly does not affect your bowel movements. However, some patients experience mild rectal urgency after the procedure, which should resolve in 24-48 hours.

SYMPTOMS THAT MAY BE SERIOUS

If you develop any of these symptoms, immediately call your doctor or go to the closest emergency department for evaluation.

- **Inability to urinate**
You may need placement of a catheter (a plastic tube that drains your bladder to a bag). It may take few days or a week for your bladder to function normally after anesthesia and hydrogel placement.
- **Fever > 101°F or Chills.**
- **Increasing pain or pain not controlled by oral medication** (see above 'discomfort or mild pain').
- **Persistent or worsening burning with urination.**
- **Dizziness, uncontrolled nausea, or vomiting.**
- **Thick blood in the urine**
- **Passing blood clots from the rectum.**

Follow up

If not already scheduled, you should contact your radiation oncologist to organize your planning scans and subsequent radiation treatment to begin in the next 1-3 weeks. The hydrogel will be reabsorbed by your body over the next 3-6 months.

Contact information

During the day:
Cancer Centre Symptom Support
705-728-9090 x43333

Evenings, weekends and holidays:
CAREchart 1-877-681-3057