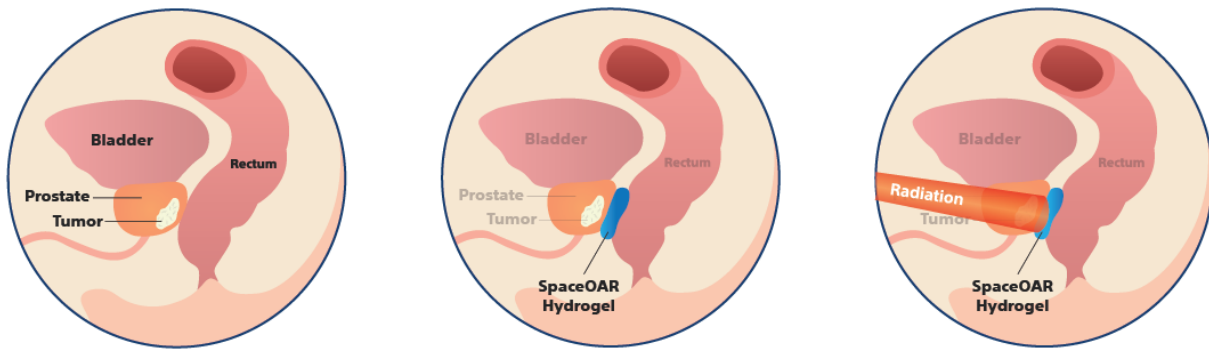


## SPACE OAR

### What is SpaceOAR?

Your doctor has recommended that you have Space OAR placed prior to receiving radiation to your prostate. When treating prostate cancer patients with radiation therapy, the goal is to destroy the cancer cells while avoiding damage to surrounding healthy tissue. The prostate is next to the rectum and naturally separated by a small space. Due to the proximity, prostate radiation therapy can unintentionally cause damage to the rectum, which can lead to issues with bowel function. The hydrogel spacer (Space OAR) pushes the rectum away from the prostate, decreasing rectal injury during prostate radiation therapy.



### What happens during SpaceOAR?

- You will be lying on the exam table, undressed from the waist down. The nurse will help get you positioned on the table. Your legs will be in stirrups. Minimal movement during the procedure is recommended. If you are unable to lie flat for 30 minutes, or longer, please inform the nurse.
- A numbing medication will be applied to the skin of the perineum. This will reduce discomfort during the procedure. You will be awake for this procedure.
- The doctor will feel your prostate with his finger and then he will insert an ultrasound probe into your rectum. This may cause discomfort or pressure in the rectum.
- Next, using the ultrasound images as a guide, the doctor will insert a small needle into the skin of the perineum and the space between the rectum and prostate. This will be used to provide local anesthetic to the skin and the prostate. Once they have finished, they will use the ultrasound images to guide placement of Space OAR. If indicated, they will also place fiducial markers.

- The probe is then removed. Once the doctor feels you are ready, you will be able to go home. Someone will need to drive you home from the office.

### **What can you expect after SpaceOAR?**

After your procedure you may notice:

- You will have a feeling of “fullness” in the rectum
  - This fullness will gradually subside over about two days
- You may have the sensation that you need to move your bowels, due to this fullness, but then you may not actually go
  - If you have this sensation, please refrain from continuing to strain or push
- Small amount of blood in your urine and/or stool for up to 7 days
- Blood in your semen for up to 1 month

After your procedure you should:

- Refrain from excessive exercise for a few days, or until the bleeding in your urine and/or stool subsides
- Avoid aspirin, ibuprofen, and other blood thinners for at least two days following your procedure, or until the bleeding in your urine and stool subsides, unless your physician has instructed you otherwise
- Avoid any pressure to your perineum (the area of skin between your scrotum and rectum)
- Avoid alcoholic beverages for 24 hours

### **When should I call the doctor after SpaceOAR?**

Call your doctor if you experience:

- Temperature over 100.4 degrees
- Excessive chills
- Bleeding more than just a small amount
- Bleeding in the urine and/or stool for longer than 7 days
- No urine output or, the inability to urinate
- Pain you cannot control with over-the-counter pain medications
- Muscle aches or excessive tiredness