

## SpaceOAR

Radiation therapy is a common and proven treatment for prostate cancer. Radiation delivered from outside of the body, or placed inside the prostate as radioactive seeds, kills the cancer cells. The goal of radiation therapy is to maximize radiation to the prostate and to avoid radiating surrounding normal tissue.

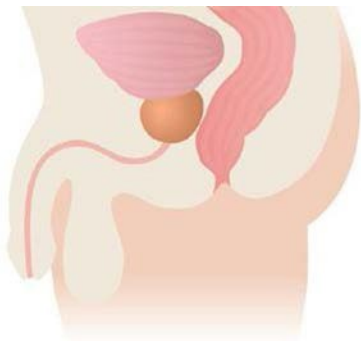
As with any treatment, radiation therapy can cause side effects. Possible side effects include:

- Injury to the rectum and problems with bowel movements.
- Pain during bowel movements
- Rectal urgency (the sensation of needing to have a bowel movement immediately)
- Bleeding or loose stools

If present, these symptoms are typically temporary for most men. However, a small number of men may have symptoms that persist for years and that require treatment or, in rare circumstances, surgery to improve bowel function.

## Avoiding Rectal Injury

Because the prostate and rectum sit next to each other, some prostate radiation can injure the rectum, causing complications. To help avoid rectal injury, the space between the prostate and the rectum can be increased by an absorbable gel spacer. The SpaceOAR System is a soft gel-like material that temporarily moves the rectum a half inch away from the high-dose radiation area. The same gel material is used in implants for other medical procedures. Studies have shown that the material is safe to use in the body.



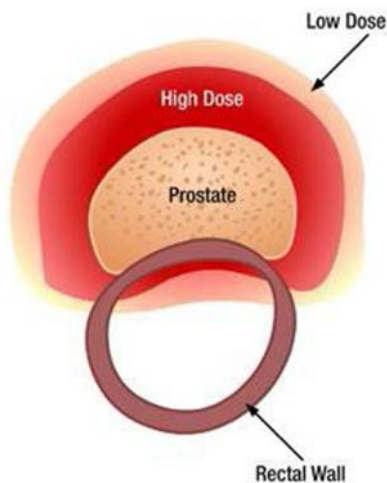
Without SpaceOAR  
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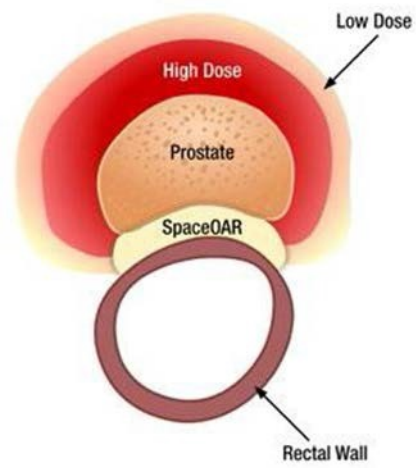
With SpaceOAR  
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# Patient Education

SpaceOAR hydrogel is placed during a minimally invasive procedure. It stays in the body for 3 months during radiation treatment and is then naturally absorbed and cleared in the patient's urine in about 6 months.



Cross section of prostate during radiation treatment without SpaceOAR  
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Cross section of prostate during radiation treatment with SpaceOAR  
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## Risks

In addition to the risks associated with any medical procedure there are potential complications that may be associated with the SpaceOAR system. These include, but are not limited to:

- Pain or discomfort
- Injection of the hydrogel into the bladder, prostate, rectal wall, rectum or urethra
- Inflammation and infection
- Injection of air, fluid or hydrogel into veins
- Urinary problems
- Rectal problems
- Bleeding
- Constipation

## How to Prepare

### Supplies Needed:

This item is available without a prescription at grocery and drug stores.

- 1 Fleet® enema

## The Day Before

**Do not** eat anything solid after midnight. Clear liquids are acceptable **until 3 hours** prior to arrival at the surgery center

## The Morning of the Implant

1. Bring all your prescription medicines with you.
2. Use the Fleet enema 2 hours before arriving for the procedure.
3. Take only the medicine approved by the anesthesia department with a small sip of water.

**Two (2) hours** before arriving, insert the Fleet enema into the rectum. This is an important step in your instructions. Not doing this as instructed may delay your procedure. Tell your medical team if you have an artificial joint, a stent, heart valve replacement or other condition. You may need to take antibiotics before the procedure.

If you are on blood thinners, such as Warfarin® (coumadin, jantoven), Dabigatran® (pradaxa), or Rivaroxaban® (xarelto) please notify your MD Anderson provider. Ask the doctor who prescribes these medicines about how to stop taking them before the procedure. We can also refer you to our cardiology or internal medicine team.

## During the Procedure

Your doctor will either use an anesthetic that will put you to sleep during the procedure or a local anesthetic that will numb the injection area. You may feel a pinprick or pressure but should not feel any major discomfort.

### After the Procedure

- You may feel some temporary discomfort at the injection site. Patients typically report no prolonged discomfort from the implanted gel.
- You should be able to immediately resume your normal activities. Always check with your doctor for restrictions associated with the procedure and your radiation treatment.

## Emergency Center

In case of any emergency, call 911 or go to the nearest emergency center. For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.