

Preparation Instructions for Fiducial Marker and SpaceOAR Placement

You have been scheduled to undergo placement of fiducial markers and/or SpaceOAR hydrogel. Fiducial markers are small metal pellets that are permanently placed inside the prostate to guide the delivery of radiation therapy. SpaceOAR is a self-hardening gelatin-like substance that is injected between the prostate and rectum to prevent or minimize the side effects from radiation therapy. Both procedures are performed using transrectal ultrasound guidance. For your safety, please following the instructions below:

ONE WEEK BEFORE THE PROCEDURE:

- Plan to stop taking all aspirin and blood-thinning medications— If not stopped these drugs can increase your risk of bleeding from the procedure. If you do not stop taking these medications, we may have to cancel your procedure
 - **Attachment A** includes a list of medications that should be stopped 7 days before your procedure.
 - **Attachment B** includes a separate list of medications that require a physician to determine when you should stop taking prior to the procedure.
 - If you are taking a medication listed in **Attachment B**, call your physician at least 2 weeks before your procedure for further instructions. Additionally, call your physician if you have any questions about stopping your blood-thinning medications, or, if you do not see your drug on the list.
 - After your procedure your physician will advise you when to start taking your blood thinning medications again.
- Buy a Fleets Enema kit at your local drug store so you have it ready for the morning of the procedure.
- IF YOU CANNOT KEEP YOUR APPOINTMENT, PLEASE CALL YOUR DOCTOR'S OFFICE TO RESCHEDULE YOUR PROCEDURE.

THE DAY OF THE PROCEDURE

- Eat a regular breakfast and/or lunch.
- Use the Fleets Enema as directed on the packaging two hours before your procedure.
- Drink plenty of fluids.
- Come to the Urology Clinic at the stated arrival time, this will be before your actual procedure time.

THE FIDUCIAL MARKER / SpaceOAR PROCEDURE

Your preparations should all be completed and you should now be in the Urology Clinic at your scheduled arrival time. You will be registered and then seen by a member of the nursing staff, who will review your preparations (no aspirin, fleet enema, etc.), record your height and weight, measure your blood pressure and pulse, and review all of your medications. Please arrive with enough urine in your bladder because you may be asked to give a urine specimen. You will then be asked to put on a hospital gown and will be positioned on the exam table. A nurse will then place a numbing medicine known as lidocaine jelly into your rectum. Your urologist will inject more lidocaine to block the nerves around the prostate after insertion of the ultrasound probe into the rectum.

Your urologist will use a transrectal ultrasound to measure the size of your prostate. Three fiducial markers will then be placed in the prostate and/or the SpaceOAR hydrogel will be injected. You may feel pressure or some discomfort as this is performed. However, it takes just several minutes to complete the procedure.

After the procedure is completed, you will be asked to lie on your back and rest. When you are feeling ready, you can get up, wash, and dress. Before you leave the clinic, you will be asked to urinate into a specimen cup to check for bleeding. A member of the nursing staff provider will go over all of the instructions you should follow after your procedure.

AFTER YOUR PROCEDURE

- Eat as you normally do.
- You may see blood in your urine (with or without clots) for up to 1 week after your procedure. Please drink enough fluids so that your urine is clear yellow or pale pink (8-12 eight ounce glasses) to prevent more clots from forming.
- No straining for 3 days after the procedure.
- You may resume aspirin when you have seen no blood in your urine for 3 days in a row. Please ask your urologist when you can restart any other blood thinning medications.
- You may see blood in your stool for 24-72 hours.
- You may see blood in your semen when you ejaculate for 4-6 weeks, sometimes more.

WHEN TO CALL YOUR UROLOGIST

Call your urologist **IMMEDIATELY** if you experience any of the following:

- You cannot urinate after the procedure
- Fever above 101 degrees (F)
- Chills
- Flu-like symptoms even if you think they are unrelated to the procedure
- Passing excessive clots in the urine and/or stool.

Note, if you have any concerns at night or over a weekend, please call (410) 955-6070 and ask to speak with the urologist-on-call.

Attachment A. List of prescription and over the counter medications that ***must be stopped 7 days prior to your procedure.*** Please consult your doctor if you have any questions.

Actron	Dristan	Pirophen
Advil	Dalteparin	Pepto-Bismal
Alka Seltzer	Doane's Pills	Percodan
APC Tab	Easprin	Propoxyphene Comp.
Anacin	Ecotrin	Relafen
Anaprox	Excedrin	Rufen
Arthritis Pain Tabs	Equagesic	Solprin
Ascriptin	Empirin	Stanback Powder
Aspirin	Etoricoxib	Soma Compound
Aspercin	Fiorinal	Sulindac
Aspergum	Genacote	Supac
Aspirtab	Goody's Headache	Synalgos-DC Caps
Aspro	Halfprin	Talwin
Axotal	Ibuprofen	Tanderil
Bayer Aspirin	Indocin	Ticlopidine
BC Powder	Kaopectate	Toradol
Buffasol	Ketorolac	Tolectin
Bufferin	Meclomen	Trigesic
Buffinol	Midol	Vanquish
Butalbitol	Mobic	Vicoprfen
Butazolidine	Motrin	Voltaren
Cardeprin	Naprosyn	Zorprin
Celebrex	Naproxen	
Celecoxib	Nuprin	
Clinoril	Norgesic	
Cilostazol	PAC Tabs	
Darvon Compound	Piroxicam	
Disprin	Pamprin	

Attachment B. List of medications that require a physician to determine when you should stop taking prior to your procedure.

Aggrastat
Agrylin
Anagrelide
Angiomax
Apixaban
Argatroban
Arixtra
Bivalirudin
Brilinta
Brilique
Clopidogrel

Coumadin
Dabigatran
Effient
Eliquis
Endoxaban
Enoxaparin
Eptifibatide
Fondaparinux
Integrilin
Jantoven
Xarelto

Plavix
Possia
Pradaxa
Prasugrel
Rivaroxaban
Savaysa
Ticagrelor
Tirofiban
Warfarin
Lovenox
Xagrid