

Discharge Instructions

Prostate Gold Markers + SpaceOAR Gel

This was done to prepare for **prostate cancer radiation**. Three tiny gold markers help the radiation team line up treatment. SpaceOAR gel creates space between the prostate and rectum to help protect the rectum during radiation. This is a **minor outpatient procedure**, not a major surgery.

Today only, because you had anesthesia: do not drive, drink alcohol, operate machinery, or make important decisions. Rest as needed today.

What's normal	Call clinic / MyChart	Go to ER - very rare
<ul style="list-style-type: none"> Mild soreness or bruising between the scrotum and rectum Mild rectal fullness or pressure Mild burning with urination A small amount of blood in the urine Dark or rust-colored semen Mild discomfort when sitting for 1-2 days 	<ul style="list-style-type: none"> Pain or pressure getting worse instead of better Burning with urination lasting more than 2-3 days Blood in the urine increasing or not clearing with fluids Trouble urinating, weak stream, or not emptying well Fever over 101°F without feeling severely ill Redness, pus, or drainage from the needle site Constipation or straining making pressure worse 	<ul style="list-style-type: none"> Cannot urinate Fever with shaking chills or feeling very sick Heavy rectal bleeding Bright red urine or large clots that do not improve Severe lower belly pain or pressure Severe or worsening rectal/pelvic pain Fainting, confusion, or severe weakness

Activity: After today, increase activity as comfort allows. If you feel well and your urine is not very bloody, you may return to usual activities. Slow down if pain or bleeding increases. For a few days, avoid direct pressure on the area between the scrotum and rectum: biking, motorcycle riding, horseback riding, or long sitting on a hard narrow seat.

Fluids / bowel movements: Drink water. Avoid constipation and straining. A stool softener or gentle laxative is okay if needed.

Pain: Most patients only need Tylenol/acetaminophen if allowed. Restart blood thinners only as instructed.

Radiation planning: Your radiation oncology team will guide the next step, usually a planning CT/simulation. **Dr. Goswitz / Houston Methodist Radiation Oncology Group - Baytown:** 281.420.8557

Urology questions: Houston Methodist Urology Associates - Baytown: 832.556.6046 or send a MyChart message.

These instructions are general. Follow any specific instructions given by your doctor or radiation oncology team.