



**Genesis**  
HEALTHCARE

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HEALTH PARTNERS

**WEST COAST UROLOGY**  
*A Division of Genesis  
Healthcare Partners*

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**SpaceOAR Hydrogel**  
Patient Pre-Procedure Instructions

**Week Prior to Procedure**

- Discontinue any vitamins & supplements at least 7 days prior to your procedure
- Discontinue any blood thinning medications for the recommended amount of time – you will need to check with your primary care physician, and if necessary cardiologist
- Pick up your pre-procedure prescriptions from the pharmacy, but do not take them yet

**Day Prior to Procedure**

- Please use Fleets enema to empty the rectum at least 2 hours prior to the procedure. This can be done anytime from the night before the procedure to about 2 hours prior to the procedure
- Option to shave the procedure area – To minimize tape discomfort and ensure a smooth procedure, consider shaving the area between the scrotum and rectum
- Light dinner on the night prior to the procedure. Avoid a heavy dinner

**Day of the Procedure**

- PLEASE BRING A DRIVER. YOU WILL NOT BE ABLE TO DRIVE AFTER THE PROCEDURE
- On the day of the procedure, you can eat a light breakfast, and you can drink liquids
- Please arrive 1 hour before the procedure time
- A prescription for Percocet and Ativan was sent to your pharmacy. Please take these medications about half an hour prior to your procedure
- Please remind us of any medication allergies prior to the procedure

**After the Procedure**

- You will need a driver to take you home
- You can expect mild blood in the urine, stool, and semen for a few days
- If you have fever, inability to urinate, dizziness or any other significant difficulty, please call the office to speak with the on-call doctor. In case of an emergency, please report to the ER
- You may contact your radiation oncologist to start your treatments