

Recovery and Aftercare

- ✓ Rest at home for the first 24 hours.
- ✓ Avoid strenuous activities for 1 week.
- ✓ Avoid straining when passing urine and moving your bowels after the procedure.
- ✓ You may notice some blood in your urine- It will improve with an increase of fluid intake. Ensure you drink at least 1.5 litres or 7 to 8 cups of water a day (unless instructed by your doctor)

When to Seek Help

- ✓ Persistent fever of more than 38°C
- ✓ Excessive blood or clots in your urine or stools
- ✓ If any of the above occurs, seek immediate medical attention at the Emergency Department



Disclaimer:

The instructions in this pamphlet are non-exhaustive. In specific cases, you may receive different or additional instructions from your doctor. You are advised to follow any specific written or oral instructions given to you by your doctor.

You are advised to follow any specific written or oral instructions given to you by your health care team.

Please clarify any queries with your healthcare team when you are in doubt.

To change or cancel your appointment, please call:
(Mon – Fri : 8:30am – 5.30pm)

Clinic 2A Hotline:
6889 4258

Clinic 2B Hotline:
6889 4242

Urology Clinical Coordinator Hotline:
9726 1802



Scan the QR Code with your smart phone
to access the information online or visit
<https://nhghealth.com.sg>

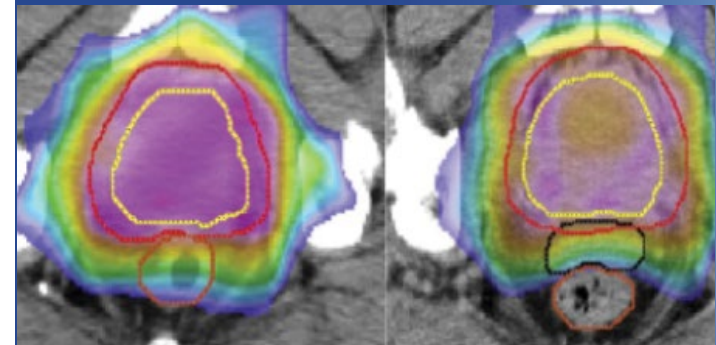


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Department of
Urology

Understanding Rectal Spacer Insertion Procedure



Overview

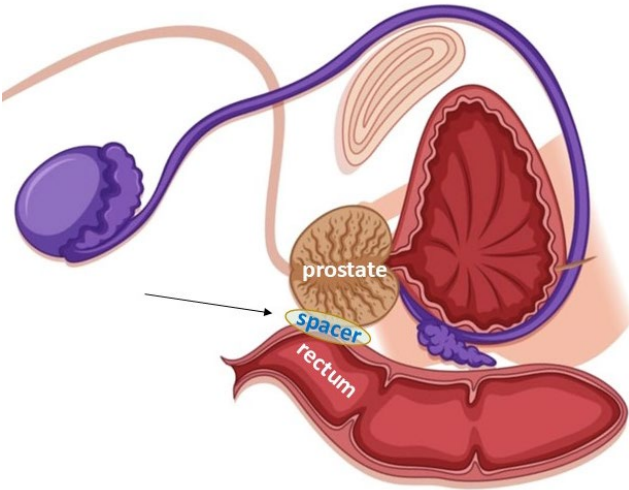
A rectal spacer is a soft gel placed between your prostate and rectum before starting radiation therapy.

Because your prostate is very close to your rectum, radiation may unintentionally affect your bowel, causing:

- Rectal bleeding
- Pain or burning
- Diarrhoea

The spacer creates a protective space, reducing radiation exposure to your rectum.

The gel dissolves naturally in 3 to 6 months. No removal procedure is needed.



Before The Procedure

Tell your doctor if you are taking blood-thinning medicine [anti-coagulants or anti-platelets]. You will be told to stop these medications (including supplements and Traditional Chinese Medicine, TCM) for 1 week before the procedure to reduce the risks of bleeding.

You will be prescribed two types of medications for the procedure:

1. Laxatives to clear your bowels one day before the procedure

Medication: _____

Date: _____ Time: _____

2. Short course (1 week) of antibiotics (which will be ordered after the procedure) to prevent infection after the procedure

You do not need to fast for the procedure.

During The Procedure

The spacer insertion is done under local numbing medicine [local anaesthesia]. The procedure will usually take around one hour. Your doctor will use a Transrectal Ultrasound (TRUS) to view your prostate inserted through your rectum. Under local numbing medicine, a needle will be inserted through your perineum [the area of skin between your scrotum and anus] and the gel will be injected between your rectum and prostate, shaping the spacer as needed to create separation between them.

After The Procedure / Monitoring

- ✓ You will be monitored for about 1 to 2 hours.
- ✓ Inform the nurse if there is excessive bleeding in your urine or stool.
- ✓ Continue taking antibiotics for 1 week
- ✓ Start taking blood thinners again (if any) after procedure as told by your doctor
- ✓ Depending on the spacer type, an MRI scan may be needed. Your doctor will advise.
- ✓ You'll continue Radiation Oncology treatment after your procedure.

Potential Side Effects

Most patients feel fine after the procedure. Some may experience:

Minor Side Effects (Usually Temporary)

- ✓ Mild rectal bleeding or blood in your urine for a few days
- ✓ Bruising or a small lump near the injection site (called a hematoma)
- ✓ Cannot pass urine [urinary retention] which will require temporary insertion of a urine tube [urinary catheter] for a few days

Serious but Rare Side Effects

- ✓ Infection (watch for fever or increasing pain)
- ✓ Sepsis [a serious infection that spreads in the body]
- ✓ Accidental gel placement to rectum resulting in rectal fistulas, ulcerations. These may delay radiation therapy.