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## TRANSPERINEAL INSERTION OF GOLDSEED FIDUCIAL MARKERS +/- BARRIGEL RECTAL SPACER

*Providing Specialist Care in South Australia & Northern Territory*

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### **What is a Transperineal Insertion of GOLD SEED Fiducial Markers?**

As preparation for your external beam radiotherapy, it is now recommended that three gold seeds are injected into the prostate to improve the accuracy of delivery of the treatment. The procedure is performed under ultrasound guidance with a transperineal approach. This will be done under sedation or a general anaesthetic.

Ultrasound uses sound waves to produce images. It is completely safe and there is no radiation. The sound waves are transmitted by the ultrasound probe (transducer). The probe is gently passed into the rectum and the prostate is visualised using the ultrasound. Three gold seeds are then injected into the prostate under ultrasound control.

### **What is Barrigel Rectal Spacer?**

Barrigel is made from Non-Animal Stabilised Hyaluronic Acid (NASHA). Barrigel is implanted between your rectum and your prostate. It creates space between your prostate and rectum and can help minimise any radiation side effects. Barrigel remains in place throughout the course of your radiation treatment until it is safely and fully absorbed by your body.

### **Preparing for the procedure**

We will provide you with instructions regarding all aspects of preparing for your operation.

- Pre-operative urine test (blood test if required)
- Details of admission to hospital.
- Information regarding fasting and medications.

### **What to expect afterwards**

You may experience some bleeding from the urethra after the procedure. This can last from 2 days to 2 weeks, but it usually settles within one week. You may also see blood in the semen which may last for several weeks, depending on how often you ejaculate. This is not dangerous. Approximately 25% of men have some discomfort passing their urine afterwards but this usually settles quickly.

### **Complications**

#### **Infection**

There is a small risk (1%) of developing an infection in the blood stream – septicemia. This can cause you to feel unwell with fevers and chills. If this happens you should contact us. You may need admission to hospital for treatment with antibiotics through a drip. In the unlikely event this happens overnight you will need to go to a hospital emergency department.

#### **Bleeding**

You should expect to see some bleeding as mentioned above. If the urine is red then you should drink extra fluid to help keep the urine light in colour. If the bleeding seems excessive, or you are passing clots in the urine, then you should contact us. You may need admission to hospital.

#### **Urinary Tract Infection**

If you have burning when you pass your urine that does not seem to be getting better after 2 days then you could have a urine infection. Please contact us to organise a urine test and assessment.

Other complications can include; perineal bruising (10%), discomfort in the prostate (10%) and temporary erectile problems (5%).

