



POST-SpaceOAR™ DISCHARGE INSTRUCTIONS

- Avoid strenuous exercise and heavy lifting for 48 hours.
- Avoid running or jogging for 1-2 weeks after SpaceOAR™ placement.
- No bicycle, motorcycle or horseback riding for 2 weeks.
- Tylenol can be taken to relieve any mild discomfort.
- You may notice a small amount of blood in the urine, stool or semen occurring within days or weeks of the procedure, similar to what may have occurred following your prostate biopsy.
- You may experience a sense of fullness in rectal area feeling like you need to have a bowel movement- this is normal.
- If you experience a temperature greater than 101.5, chills, difficulty urinating, or severe pain in pelvic, groin, or perineal area, please call your urologist's office.
- Follow up with radiation oncology as scheduled.

Patient Signature

DOB

Date of Service

If you have any problems, please contact the office.

**Riverdale: (770) 991-0020
Fayetteville: (770) 460-9777**