

## Gold Fiducial Placement: Getting Ready for Your Procedure

Your doctor has decided that you will need gold fiducials placed in and around your prostate before your radiation treatment. These small markers help to guide radiation by giving an exact target for the beams. Once placed, the markers will stay in your body. They will not be removed.

### The Procedure

The procedure for placing gold fiducials most often takes less than 15 minutes. But we may need you to stay in the office for a few hours to register you and watch you after the procedure. These markers can be placed with or without the use of SpaceOAR gel. This is a hydrogel that is absorbed by your body. It makes space between the prostate and rectum for a short time. This helps to protect the rectum during radiation.

### Before Your Procedure - About Medicines

- **Blood Thinners**

If you are taking this kind of medicine, you must stop taking it before your procedure.

Some of these medicines are:

- Eliquis (apixaban)
- Xarelto (rivaroxaban)
- Coumadin (warfarin)

You will need to talk with the doctor who manages your blood thinner about how to stop taking it safely.

- **Antiplatelet Agents**

If you are taking this kind of medicine, you must stop taking it at least 5 days before the procedure. Some of these medicines are:

- Plavix (clopidogrel)
- Brilinta (ticagrelor)
- Effient (prasugrel)

You will need to talk with the doctor who manages your antiplatelet about how to stop taking it safely.

- **Aspirin**

Keep taking aspirin only if the doctor who manages it, strongly suggests that you do. Tell the urology team if your doctor tells you to keep taking aspirin.

- **Other**

Unless told otherwise, do not take any of the things below for 5 days before the procedure:

Any products that have aspirin in them-,

- NSAIDs (like Ibuprofen, Naproxen)
- Vitamin E
- Fish oil, or flaxseed oil.

You can take Tylenol™ (acetaminophen).

### **Day of the Procedure**

- **Eating and Drinking**

You may eat and drink like normal before and after the procedure.

- **Getting Here and Home**

Please make sure you have someone to drive you to and from the visit.

### **After Care**

After the procedure, we will give you instructions on what side effects to expect, such as mild pain or rectal pressure, and when you might need to call your doctor.

### **Risks of Gold Fiducial Placement**

As with any procedure, there are certain risks with the placement of gold fiducials.

These are:

- **Bleeding:** You may have mild bleeding in the urine or semen. Tell your doctor about any major bleeding.
- **Urinary Retention:** While it is rare, you may have trouble urinating or not be able to urinate. If this happens, you may need to be catheterized. This would be temporary.
- **Infections:** Rare infections may happen at the injection site or within the pelvic region. You should tell your doctor right away about symptoms like fever, chills, or pain that is not normal.
- **Rectal Injury:** Injury to the rectum is very rare. But any rectal pain, bleeding, or discomfort should be checked by your doctor.
- **Pain or Discomfort:** After the procedure, some patients may have pain or discomfort in the pelvic region for a short time.

### **Contact Us**

If you have any questions before or after the procedure, please call the Fox Chase Cancer Center Urology Care Team:

- **Monday through Friday, 8 am - 5 pm:** Call Nurse Phone Triage at 215-728-0815.
- **After hours and weekends:** Call 215-728-6900.
- **Need to reschedule?** Call 215-728-0815.

Adopted: 10/24

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