# Rectal Spacers

Rectal spacers are medical devices used primarily in the treatment of prostate cancer, specifically during radiation therapy. These spacers are typically hydrogel-based implants placed between the prostate and the rectum to reduce the radiation dose received by the rectum, thereby minimising damage to rectal tissue.

## Treatment Options

The main treatment option involving rectal spacers is for patients undergoing radiation therapy for prostate cancer. These spacers are used to protect the rectum from radiation damage.

## Treatment Process

The process typically involves several steps:

- Preparation: The patient is evaluated to determine the suitability for rectal spacer placement based on their prostate cancer treatment plan.
- Placement: The spacer, usually a hydrogel, is injected into the space between the prostate gland and the rectum under local anaesthesia. This procedure is often performed in an outpatient setting and is minimally invasive.
- Radiation Therapy: Once the spacer is in place, radiation treatment can proceed. The spacer acts as a physical barrier, pushing the rectum away from the prostate gland and reducing the risk of radiation exposure to the rectal wall.
- Monitoring: Regular follow-up visits allow healthcare providers to monitor the patient's response to treatment and assess any potential side effects.

## Risks Involved

While rectal spacers are generally well-tolerated, there are some risks and potential complications, including:

- Infection at the injection site
- Allergic reactions to the hydrogel material
- Displacement or migration of the spacer
- Temporary rectal discomfort or pain
- Rarely, damage to nearby structures during placement

## Recovery Process

Recovery after rectal spacer placement typically involves:

- Monitoring: Patients are monitored for any signs of infection or adverse reactions immediately after the procedure.
- Symptom Management: If discomfort or other symptoms occur, medications or supportive care may be provided to alleviate these issues.
- Follow-up: Regular follow-up appointments with healthcare providers are essential to monitor recovery, assess the effectiveness of treatment, and address any ongoing concerns.

In summary, rectal spacers are valuable tools in reducing the side effects of radiation therapy for prostate cancer by protecting the rectum. While they involve a straightforward placement procedure and are generally well-tolerated, patients should be aware of potential symptoms, risks, and the importance of ongoing monitoring during their treatment journey.