

YOUR RECTAL SPACER & RADIATION THERAPY JOURNEY

Use this patient journey map to better understand each step of your radiation treatment.

1 CONSULTATION

Meeting with your Urologist



A **urologist** is a specialist who performs diagnostic testing for your prostate cancer and will explain your treatment options. Your urologist will continue to manage your care post treatment.

If you're considering pursuing **radiation therapy** for your prostate cancer, your urologist will refer you to a radiation oncologist.

Meeting with your Radiation Oncologist



A **radiation oncologist** is a specialized doctor who oversees prostate cancer radiation therapy. He or she will work closely with you to develop a personalized treatment plan, determine the proper radiation technique and manage any side effects that may occur.

Your radiation oncologist will review your radiation treatment regimen as well as your rectal spacer options

- Be sure to bring the **Radiation Therapy Discussion Guide** with you (located on the Patient Resources page of Barrigel.com) to ensure all your questions are answered.

Now that you've decided to pursue radiation therapy, you and your doctor will select your **treatment regimen and rectal spacer**. Next, you will schedule your rectal spacer procedure.

2 PRE-TREATMENT

Receiving Your Rectal Spacer



Your doctor will implant your rectal spacer prior to radiation therapy. If you are also receiving fiducial markers, your doctor may implant these at the same time.

Fiducial markers are tiny metal markers placed in or near the prostate to help guide prostate radiation therapy. These markers act as reference points for accurate tumor targeting and ensure precise radiation delivery to the intended area.



Treatment Planning

Prior to radiation therapy, you may undergo simulation, where imaging scans and measurements are taken to plan the treatment.

- This step helps determine the exact position and dosage of radiation to ensure accurate and effective treatment.

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3 TREATMENT

Receiving

Radiation Therapy

Radiation Therapy uses high-energy radiation to destroy cancer cells or inhibit their growth. It can be delivered externally (**external beam radiation therapy**) or internally (**brachytherapy**).

Please refer to the Types of Radiation Therapy Infographic (located on the Patient Resources page of Barrigel.com) for more details about your radiation therapy treatment options.

Treatment Nuances

If you receive brachytherapy treatment, your radiation oncologist may implant seeds at the same time as your rectal spacer.

If you receive EBRT, your radiation team will develop your treatment plan unique to your anatomy, using MR and CT imaging.

Treatment Duration

Your treatment schedule will be determined by the regimen you and your doctor have decided upon. Hypofractionated radiation therapy lasts approximately 1-5 weeks, whereas conventional radiation therapy lasts 6-8 weeks.

Your radiation oncologist is not the only person to manage your treatment! Get to know your prostate cancer treatment team on the next page.

Your urologist may want to see you during your radiation therapy to monitor your urinary and rectal symptoms or administer hormone injections (if part of your treatment plan).

4 FOLLOW-UP

Post-Treatment Follow-Up

After you've **completed radiation therapy**, you'll return for follow up appointments with your urologist and radiation oncologist.

- **Follow-up visits** are typically scheduled 6-8 weeks after treatment starts.
- Your urologist will **continue to monitor** your PSA level and manage your care after you've completed treatment.



Urologist

The urologist performs the following activities:

- Performs tests including PSA and biopsies
- Explains treatment options



Radiation Oncologist

The radiation oncologist performs the following activities:

- Prescribes the target area and radiation dose
- Approves the treatment plan and oversees the treatment delivery



Medical Physicist

The medical physicist (can be Ph.D. or M.S.) performs the following activities:

- Works with dosimetrists to create the treatment plan
- Develops and directs quality control programs for equipment and procedures
- Responsible for system performance and safety checks



Dosimetrist

A dosimetrist performs the following activities:

- Creates the treatment plan through contouring and system software
- Calculates the prescribed radiation treatment



Radiation Therapist

The radiation therapist performs the following activities:

- Works with the dosimetrist to prepare and position the patient according to the treatment plan