

# PROSTATE CANCER JOURNEY

## DISCUSSION GUIDE

for Patients & Caregivers



### Understanding Your Treatment Options

We understand that discussing prostate cancer treatment options with your doctor can be overwhelming, and it can sometimes be difficult to know what to ask during these appointments. Often, you will think of a question after you've left your appointment. Bringing this discussion guide to your appointment can help you prepare and ensure none of your questions remain unanswered.

These sample questions are intended to be a starting point to guide discussions with your doctor regarding radiation therapy treatment and rectal spacers. Use the last page to take notes or write down any additional questions you'd like addressed during your next appointment.

**If you are considering treatment with Radiation Therapy, bringing these questions to your next appointment can help you choose the best option for your treatment.**

### Questions to Ask Your Urologist/Radiation Oncologist

Your **urologist** will likely refer you to your **radiation oncologist** if you are considering pursuing radiation therapy.

#### Treatment Options

Will treatment with radiation therapy and a spacer result in less side effects than surgery?

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Is there a reason why I would have radiation therapy without a spacer?

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#### Treatment Benefits

What are the benefits of radiation therapy in comparison to surgery?

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### About Radiation Therapy

#### Treatment Team

Who will be part of my treatment team, and what does each member do?

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**Treatment Regimen**

What type of radiation regimen will I receive and why is it your preferred choice for me?

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How long is my course of treatment, and what is the frequency of the treatment (every day, every few days, once a week)? How long will each radiation session take?

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Will I receive any additional therapies along with my radiation treatment? Is hormone treatment a requirement?

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Will I feel the radiation beam?

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What is the process to get started, and when can I begin?

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Can I drive myself to appointments, or do I need someone to come with me?

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How should I prepare for my first appointment?

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Do you have a patient support group?

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**Side Effects**

How will this treatment affect my daily life? Will I be able to work, exercise, and perform my usual activities?

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What are the possible side effects of each treatment, both in the short term and the long term?

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Will I be fatigued?

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Could this treatment affect my sex life? What are the sexual side effects?

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Will this treatment cause urinary complications, such as incontinence?

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Will this treatment cause any damage to my rectum or cause any rectal side effects?

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What can be done to prevent or relieve the potential side effects?

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### About Rectal Spacers

What is a rectal spacer and how does it work?

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What are the main benefits of a rectal spacer? Is it safe?

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Will I be getting a rectal spacer for added protection of my rectum prior to radiation therapy?

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Are there any negative outcomes of choosing to forego a rectal spacer?

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Are there different types (or brands) of rectal spacers to consider?

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**If Multiple Rectal Spacer Options are Provided, Ask Your Doctor:**

Is there a difference in the proven clinical outcomes of the available rectal spacers?

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Will a rectal spacer help prevent or mitigate side effects I may experience? If so, how much?

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Can you explain how a rectal spacer can be customized to my anatomy, and why that is useful?

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Will I feel the rectal spacer after it's been inserted?

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**Frequently Asked Questions about Barrigel Rectal Spacer**

**What is Barrigel made of and is it safe?**

Barrigel is the first and only hyaluronic acid rectal spacer on the market. Barrigel is made from Non-Animal Stabilized Hyaluronic Acid, known as NASHA®. NASHA has over 20 years of proven safety, efficacy and biocompatibility in a wide variety of medical applications, including pediatric medicine.<sup>1,2</sup>

**What are the risks associated with Barrigel?**

As with any injection procedure, there is a risk of infection. Potential procedure-related side effects can include pain at the injection site and a brief period of bleeding from the needle stick. Post-treatment side effects include a mild to moderate sensation of rectal filling. Talk to your doctor about the risks associated with Barrigel.

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### How is the procedure performed?

Barrigel is placed between the rectum and the prostate with a needle through the perineum, similar to your prostate biopsy. Your doctor will use imaging technology called transrectal ultrasound (TRUS) during the procedure to sculpt the Barrigel spacer to your anatomy.

### Where is the procedure done?

The Barrigel procedure is usually performed in a hospital or outpatient clinic prior to the start of radiation treatment. Barrigel may be inserted at the same time as fiducial marker placement.

### How long before I can get back to regular activities following the procedure?

Most patients continue with normal daily activities shortly after the procedure, although your doctor may ask you to refrain from heavy lifting and strenuous physical activity for a few days.

### How long will Barrigel remain in my body?

Barrigel is a hyaluronic acid that is biocompatible with your body. The spacer will stay in place for the duration of your radiation therapy and begin to safely reabsorb into your body after 3 months.<sup>3</sup> It is important to note that Barrigel may be detected during anorectal examinations and medical imaging of the pelvis. You will receive a Barrigel Patient Implant Card following your procedure, which shows how Barrigel may be visible on medical imaging systems. It's recommended that you keep this card for your records and inform your future doctors that you have had treatment with Barrigel.

### Which types of radiation therapy can Barrigel be used with?

Barrigel can be used with all forms of radiation therapy when treating T1-T3b prostate cancer.<sup>4</sup> Talk with your doctor to find out if Barrigel is right for you.

## Additional Notes

For product information, adverse event reports and product complaint reports, contact:

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**REFERENCES:** **1.** Q-Med. NASHA- the Monograph. Uppsala, Sweden. **2.** <https://www.prnewswire.com/news-releases/restylane-celebrates-25-years-of-natural-looking-results-with-its-signature-line-of-hyaluronic-acid-fillers-301388779.html>. Accessed Sept 30, 2021. **3.** Mariados NF, Orio PF, Schiffman Z et al. Hyaluronic acid spacer for hypofractionated prostate radiation therapy: A randomized clinical trial. *JAMA Oncol.* 2023;e1-e8. **4.** Barrigel [product insert – United States]. Santa Barbara, CA, United States. Palette Life Sciences; 2022.

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