

TUMT Pre - Operative Instructions

Name: _____ Date Of Procedure: _____

Time: _____

Prior to the Procedure please be aware of the following:

1. If you are ill or have a high temperature the day before the procedure please call the office.
2. Do not eat or drink anything four hours before the procedure.
3. If you take “heart” or “blood pressure” medicines, you should take these as early as possible that morning, with a sip of water, only. And, DO NOT take diabetic medications the morning of your procedure unless otherwise instructed.

Day Of Procedure:

1. On the morning of your procedure, prior to your arrival, please:
 - a. Administer a fleet’s enema as directed (You will get this from the drugstore)
 - b. Bring all of your medications with you.
2. Dress casually. Choose clothing that will not be tight, and wear under shorts not boxers.
3. Plan on being in the office for 2 hours. The procedure takes about 60 minutes to do and after you are alert you will be released to go home.
4. When you are discharged, someone who can drive you home and remain with you for 24 hours must accompany you.

What To Expect During The Treatment

*The treatment itself generally takes 60 minutes although you should allow 2 hours for the entire visit.

*You will be positioned on a treatment bed in a comfortable position.

*A flexible catheter will be inserted into your bladder to drain the bladder. An anesthetic solution will be injected into the bladder to decrease discomfort and bladder spasms.

*The flexible treatment catheter will then be inserted; the treatment catheter balloon will then be inflated in the bladder. This keeps the catheter position in the correct area of the prostate to be treated.

* A temperature sensor will be then inserted into the rectum to monitor rectal temperatures during the procedure.

*During the procedure you may experience the following:

- Bladder Spasms
- The urge to urinate
- The sensation of needing to have a bowel movement
- A warm or burning sensation in the abdomen
- A burning sensation at the end of the penis
- Pressure in the rectum

What To Expect After The Treatment

*The tissue surrounding the urethra may be irritated after the procedure. You may go home with a urinary catheter in place and connected to a drainage bag. This allows urine to drain from the bladder while the swelling and inflammation subsides.

*Generally, the catheter is in place for 2-7 days, depending on your physician's order.

*You may notice a small amount of blood in your urine- this is normal. If the bleeding seems excessive, you should call your physician.

*You should drink plenty of fluids: drink at least a glass of liquid (water) every 2 hours during the waking hours while the catheter is in place.

*You may pass urine around the catheter instead of through it; this may be accompanied by an intense urge to urinate. (Bladder Spasms)

*Avoid lifting objects heavier than 5 pounds

*You may shower the day after the procedure; NO TUB baths till the catheter is removed.

Report the following to the physician immediately:

*Fever greater than 101 degrees

*Excessive bright red blood in the urine

*No urinary output in the drainage bag

*Pain unrelieved by medications.

If you have any further questions you may call the office and ask for Sheila Porter at (205) 930-0920 ext 272.