

PROLIEVE TUMT PATIENT INSTRUCTIONS

How to prepare FOR the Prolieve TUMT procedure:

- Arrange for someone to drive you to and from our office;
- Plan to arrive 30 minutes prior to your scheduled procedure time;
- Wear comfortable clothing;
- Bring a book, magazine or headset with music;
- Eat a light breakfast and reduce the amount of liquids you consume prior to your procedure;
- Take any medication your doctor has prescribed for you. Your doctor may prescribe an antibiotic and/or medication to help you relax during the procedure. Please use a fleets enema 2 – 3 hours prior to procedure;
- Follow any other instructions from your physician;
- Please take two (200mg) ibuprofen (Motrin or Advil) the night before with a meal.

What to expect DURING the Prolieve TUMT procedure:

- At least one hour before treatment, please take any medication your physician may have given you to help you relax during the procedure. Other medications that you may have been given will help avoid infection;
- You will be asked to empty your bladder;
- You will lie on your back during the procedure. When the compression balloon of the catheter is inflated, you might feel a sense of urgency or need to urinate. This is normal.
- You will feel a warming sensation as the temperature increases during the treatment and possibly some discomfort such as bladder spasms. These things are normal;
- Treatment, once initiated, will last approximately 45 minutes. Your physician, technician or nurse will monitor you at all times;
- At the end of the procedure there is a 5 minute cool down, when your bladder will be filled, prior to the removal of the catheter;
- You will be asked to urinate. Most patients (95%) will go home same day without the need for a catheter. If you require a catheter it will only be for a brief period of 24 hours or so.

What to expect AFTER the Prolieve TUMT procedure:

- Arrange to have someone drive you home;
- The most common side effects are bladder spasms, soreness, and blood in the urine or a burning sensation while urinating. These side effects usually clear up within a few days;
- Increase your fluids, particularly water for the best results;
- Do not consume caffeine products or alcohol in the first few days after the procedure;
- Take any medications prescribed for you by your physician;
- Most patients resume their normal activities shortly after the procedure;
- Continue with two (200mg) ibuprofen (Motrin or Advil) with every meal following the procedure for a total of 3 days.