

TUMT for Enlarged Prostate Treatment Instructions

The following information is provided to help you better understand what to expect from your TUMT treatment. If you have any questions about this information or any other aspect of the treatment, please consult your doctor.

Pretreatment Instructions:

The following guidelines are suggested for the day before and the day of your treatment.

- * Reduce your fluid intake the day before the treatment, but do not stop drinking fluids altogether.
- * Avoid coffee and other caffeinated beverages 48 hours prior to your treatment.
- * The **night** before the treatment, eat a light meal instead of a big dinner.
- * The **day** of the treatment, eat a light breakfast such as juice and toast.
- * Continue taking all prescription medications as directed.
- * **Give yourself a Fleet's enema 2-3 hrs. before the procedure.**

What to expect during the treatment:

The treatment itself generally takes 30-45 minutes, although you should allow 1 hour for the entire visit. You will be positioned on a treatment bed in a comfortable position.

- * Anesthetic jelly will be inserted to numb your urethra and help ease insertion of the treatment catheter.
- * Next, the flexible treatment catheter will be inserted.
- * After the treatment catheter is in place, an ultrasound will be performed to verify that the catheter is properly positioned.
- * A monitor will then be inserted into your rectum to measure temperatures during the procedure.
- * During the procedure you may experience some discomfort, such as bladder spasms, the sensation of having to empty your bladder, or a warm sensation in your abdomen.

What to expect after the treatment:

Although TUMT treatment does not require anesthesia or a hospital stay, you'll need to arrange in advance for someone to drive you home. In the days following your treatment:

- * The tissue surrounding the urethra will be irritated after the procedure, so you may go home with a urinary catheter. This allows urine to drain from your bladder while any swelling subsides. Generally, the catheter is in place for 2-5 days. In some cases, a catheter may be needed for more than 7 days.
- * You may notice a small amount of blood in your urine – this is normal. If the bleeding seems excessive, call our office.
- * You may urinate around the catheter instead of through it – this is normal.
- * Drink plenty of fluids. Try to drink a glass of water every 2 hours during the day, while the catheter is in place.
- * Avoid lifting objects heavier than 10 pounds until the catheter is removed.
- * Avoid excessive activity while the catheter is in place.
- * Take medications as prescribed by your physician.

- * Some men are uncomfortable for a few days following their treatment. You may experience a few side effects from the treatment and might notice some (or none) of the following:

some soreness in the lower abdomen, urgency to urinate even after the catheter is removed, frequent urination bladder spasms, or aching and/or discomfort in the prostate area.

How the healing process works:

You may notice no change in your enlarged prostate symptoms immediately after the treatment. However, your body is actively working to heal itself.

In the weeks after the treatment, the tissue treated with TUMT will gradually be reabsorbed by your body, and your enlarged prostate will get smaller. As your prostate shrinks, the pressure on your urethra will be decreased, and your symptoms will be reduced. Most men start to see improvement in their symptoms within 6-12 weeks, although this varies with each person.

Additional instructions: _____
