

**MICHIGAN INSTITUTE OF UROLOGY
PATIENT DISCHARGE INSTRUCTIONS
MICROWAVE PROCEDURE**

PLEASE FOLLOW AND REFER TO THE INSTRUCTIONS LISTED BELOW

WHAT TO EXPECT	MEDICATIONS
<p>AFTER YOUR PROCEDURE ALTHOUGH YOU MAY FEEL SYMPTOM RELIEF AFTER THE FIRST WEEK. HEALING OF THE PROSTATE CONTINUES FOR 4-12 WEEKS. DURING THIS TIME YOU MAY EXPERIENCE SOME OF THE FOLLOWING SYMPTOMS:</p> <ul style="list-style-type: none"> ○ BLOOD IN THE URINE FOR THE FIRST WEEK, THEN INTERMITTENTLY. ○ SMALL AMOUNT OF BLOOD AROUND THE CATHETER INSERTION SITE. ○ AFTER THE CATHETER IS REMOVED, FREQUENT URINATION AT NIGHT AND POSSIBLE BURNING AND URGENCY WITH URINATION. <p>YOU SHOULD SEE RESULTS IN 6 WEEKS AND THESE RESULTS CONTINUE TO IMPROVE FOR THE NEXT 3 MONTHS.</p>	<p>YOU HAVE BEEN GIVEN A PRESCRIPTION, PLEASE TAKE AS DIRECTED YOUR PHYSICIAN.</p> <ul style="list-style-type: none"> ○ DO NOT USE ASPIRIN OR ASPIRIN UNTIL APPROVED BY YOUR PHYSICIAN. ○ RESUME YOUR NORMAL MEDICATIONS (IF THEY DO NOT CONTAIN ASPIRIN).
SEDATION	CONTACT YOUR PHYSICIAN IF YOU HAVE
<p>DROWSINESS AND ALTERED MEMORY ARE EXPECTED SIDE EFFECTS.</p> <ul style="list-style-type: none"> ○ DO NOT DRIVE OR OPERATE HEAVY MACHINERY FOR 24 HOURS ○ DO NOT CONSUME ALCOHOL, TRANQUILIZER, SLEEPING MEDICATIONS, OR OTHER OVER THE COUNTER MEDICATIONS THAT HAVE A SEDATING EFFECT. ○ DO NOT MAKE IMPORTANT DECISIONS OR SIGN ANY IMPORTANT PAPERS FOR 24 HOURS. 	<ul style="list-style-type: none"> ○ A FEVER OF 101° F ORALLY, OR HIGHER. ○ SEVERE PAIN AT THE CATHETER SITE. ○ BRIGHT RED BLOOD COMING THROUGH OR AROUND THE CATHETER. ○ THE SCROTUM OR TESTICLES BECOME PAINFUL OR SWOLLEN. ○ IF YOUR CATHETER IS NOT DRAINING AFTER ATTEMPTED IRRIGATION. ○ SEVERE CONSTIPATION.
BLADDER SPASMS	CATHETER BLOCKAGE / IRRIGATION
<p>SOMETIMES A CATHETER CAN STIMULATE BLADDER CONTRACTIONS, YOU MAY FEEL A BURNING SENSATION, A SUDDEN, STRONG URGE TO URINATE OR LEAKAGE AROUND THE CATHETER AT THE TIP OF THE PENIS. YOUR PHYSICIAN MAY HAVE ORDERED MEDICATION TO DECREASE THESE SPASMS (DITROPAN, DETROL) TAKE AS DIRECTED.</p>	<p>YOU MAY SEE SOME GREY TISSUE OR BLOOD CLOTS IN YOUR URINE. THIS IS NORMAL AND PART OF THE HEALING PROCESS. IF YOUR CATHETER DOES NOT DRAIN URINE AFTER 2-4 HOURS AND YOU FEEL YOUR BLADDER IS FULL, THE CATHETER MAY BE BLOCKED. YOU HAVE BEEN INSTRUCTED ON IRRIGATING YOUR CATHETER, FOLLOW THESE STEPS:</p> <ul style="list-style-type: none"> ○ WASH YOUR HANDS WITH WARM SOAP AND WATER. ○ WASH THE CATHETER WHERE IT ENTERS THE PENIS WITH WARM SOAP AND WATER, RINSE AND DRY. ○ FILL THE SUPPLIED SYRINGE WITH 30-60 CC'S (1-2 OUNCES) OF STERILE WATER OR SALINE. ○ INSERT THE TIP OF THE SYRINGE INTO THE END OF THE CATHETER THAT ATTACHES TO THE DRAINAGE BAG. ○ DEPRESS THE PLUNGER TO INSTILL THE SOLUTION INTO THE BLADDER. ○ PULL BACK ON THE PLUNGER TO EVACUATE THE SOLUTION. ○ REMOVE THE SYRINGE AND POSITION THE END OF THE CATHETER OVER THE TOILET OR A COLLECTION CONTAINER. ○ IF YOU ARE UNABLE TO INSTILL THE SOLUTION OR YOUR CATHETER DOES NOT DRAIN, CALL THE OFFICE IMMEDIATELY.
ACTIVITY	
<p>YOU ARE ADVISED TO GO HOME, RESTRICT YOUR ACTIVITIES, AND REST FOR A DAY.</p> <ul style="list-style-type: none"> ○ RESUME LIGHT TO NORMAL ACTIVITIES TOMORROW WITHIN NORMAL LIMITS. ○ AVOID HEAVY LIFTING AND STRAINING WHILE THE CATHETER IS IN PLACE. 	
FLUIDS AND DIET	URINARY RETENTION
<p>IF YOU ARE NOT NAUSEATED, RESUME NORMAL DIET, INCREASE FLUID INTAKE TO 8 OUNCES EVERY 2-3 HOURS WHILE AWAKE (WATER OR JUICE IS BEST). THIS WILL KEEP THE CATHETER DRAINING WELL AND KEEP THE URINE DILUTED.</p> <ul style="list-style-type: none"> ○ IF YOU FEEL NAUSEATED, START FLUID INTAKE SLOWLY. ○ AVOID THINGS THAT CAN IRRITATE THE BLADDER LIKE ALCOHOL, OR CAFFEINE IN COFFEE, TEAS SOFT DRINKS AND CHOCOLATE. 	<p>IF YOU ARE UNABLE TO URINATE WITHIN 4 HOURS AFTER CATHETER REMOVAL, YOU MAY BE EXPERIENCING URINARY RETENTION. PLEASE CONTACT THE OFFICE WHERE YOUR PROCEDURE WAS PERFORMED. A CATHETER MAY NEED TO BE INSERTED AND LEFT IN PLACE FOR 2-3 DAYS TO RELIEVE YOUR SYMPTOMS.</p>