

MICHIGAN INSTITUTE OF UROLOGY MICROWAVE THERMOTHERAPY PATIENT INSTRUCTIONS

PLEASE FOLLOW THE INSTRUCTIONS BELOW FROM YOUR DOCTOR:

- Do not use aspirin products, blood thinners, for seven days prior to your procedure.
 - Please inform the prescribing physician that you must discontinue the medication for the procedure.
- Administer a fleet's enema at least three hours before arriving for your procedure. An enema cleanses the lower bowel to aid in rectal temperature measurement and helps to maximize comfort during the procedure. (You may purchase the enema at your local drug store)
- You have received prescriptions from your doctor, please have them filled and bring them with you the day of your scheduled procedure. If you do not have the prescribed medications your procedure will be cancelled. If you have not received the prescriptions call the office for assistance.
- Please inform your doctor if you have an implanted defibrillator or pacemaker.
- Do not eat or drink anything after midnight the night before your procedure
 - ❖ If you are **diabetic** please call your primary care physician for instructions regarding your medication.
 - ❖ If you take prescription medication on a daily basis. You may take it the morning of your procedure with a sip of water. If you have any questions regarding your medication, please call your primary care physician.
- Avoid alcohol, caffeinated beverages (such as coffee) and tobacco, 48 hours prior to the procedure.
- Please arrange for someone to accompany you on the day of your procedure. Someone **must drive you home** because you will be receiving medication that will make you drowsy. **If you do not have a driver your procedure will be cancelled.**
- The morning of your procedure wear clothing that is easy to take off and put on.
- Allow approximately 1- 2 hours from when you arrive to complete your treatment.
- You will be discharged home with a foley catheter in place. Instructions will be provided on catheter care. The catheter will remain in place from 1-3 weeks, your physician will inform you of removal time.
- Please, call the office if you are unable to keep the appointment.