# Patient Discharge Instructions

## Microwave Procedure

### What to Expect

Despite feeling some symptoms of the following:

- 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.

You should see results in 6 weeks and these results continue to improve for the next 3 months.

### Medications

You have been given a prescription, please take as directed by your physician.

- Do not use aspirin or aspirin until approved by your physician.
- Resume your normal medications (if they do not contain aspirin).

### Sedation

Drowsiness and altered memory are expected side effects.

- 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.

### Contact Your Physician if You Have

- 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

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.

### Activity

You are advised to go home, restrict your activities, and rest for a day.

- Resume light to normal activities tomorrow within normal limits.
- Avoid heavy lifting and straining while the catheter is in place.

### Fluids and Diet

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.

- 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.

### Catheter Blockage / Irrigation

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:

- 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.

### Urinary Retention

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 preformed. A catheter may need to be inserted and left in place for 2-3 days to relieve your symptoms.