

**Patient Instructions for  
Transurethral Microwave Thermotherapy  
TherMatrx Treatment**

Your appointment is scheduled on \_\_\_\_\_ at \_\_\_\_\_ in our  
\_\_\_\_\_ office

Please follow the directions below. If you have any questions or if for any reason you will be unable to make your appointment, please call our office (if before hours, please have the answering service page the doctor to let us know).

1. Reduce the amount of alcoholic and caffeinated beverages and tobacco products 48 hours prior to the treatment.
2. **Be sure to eat & drink something the day of the treatment.**
3. Fleet Enema should be given 2 hours prior to treatment.
4. Please make arrangements for transportation to and from the treatment.
5. You may bring your music player with headphones to listen to your favorite music to pass the time.
6. If your physician prescribes medications to you, please follow instructions carefully.

**Prescriptions Given:**

Mild tranquilizer: **Ativan** – **Take one hour before treatment time**

Antibiotic: **Levaquin 500 mg.** - to be taken for 7 days. - **Take this one hour before treatment time**

Antispasmodic: **Pyridium 200 mg.** - to be taken for 7 days. - **Take this one hour before treatment time**

Anti-inflammatory: **Ibuprofen 800 mg.** - to be taken for 5 days – **Start this after your treatment**

Alpha Blocker: **Flomax** - **continue for 1 month after treatment**

7. You may take all your daily medications unless otherwise indicated by your physician.
8. Wear comfortable or loose fitting clothing the day of the treatment. A catheter will be placed in your bladder and stay there for the next few days. Your doctor will instruct you on how and when the catheter will be removed.