



## **Post-Treatment Instructions - Transurethral Microwave Thermotherapy**

Dear Mr. \_\_\_\_\_,

Your bladder will be emptied with the help of a catheter for the next few days. A catheter has been placed through your urethra to your bladder. You **do not** have to do anything to urinate; the catheter will automatically drain urine from your bladder. If you are drinking plenty of fluids and see no urine draining into the bag, and you are uncomfortable, please call our office. A little leakage around the catheter is normal.

Please refrain from taking baths while the catheter is in place. Showers are fine. It is very important that the drainage bag is always lower than your abdomen. Before going to bed at night please empty your leg bag. Switch the leg bag daily from one leg to the other.

You may observe some bloody discharge from your penis. You may find that your lower abdomen is sore and that sitting is uncomfortable. All of these are normal reactions to the treatment.

Please try to take it easy for the next few days. Until your catheter is removed, you should refrain from any strenuous activity. Be sure to continue to eat balanced meals and drink plenty of water.

### **Please call the office immediately if you experience any of the following:**

- ◆ Temperature greater than 101.5° F
- ◆ Evidence that the catheter is not draining urine or constant leakage around the catheter.
- ◆ Excessive bleeding
- ◆ Excessive discomfort
- ◆ Any chills or shaking

You may notice no change in your enlarged prostate symptoms immediately after the treatment. However, your body is actively working itself to heal. In the weeks after the treatment, the tissue treated with TherMatrix will gradually be reabsorbed by your body and your symptoms will be reduced. Most men will start to see improvement in their symptoms within 6-12 weeks, although this varies with each person.

### **Drink water continuously while the catheter is in place.**

Your catheter will be removed 5 days following the procedure..

Please follow up with your Doctor about 1 month following the treatment.

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Clinician/Physician's Name

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Phone Number