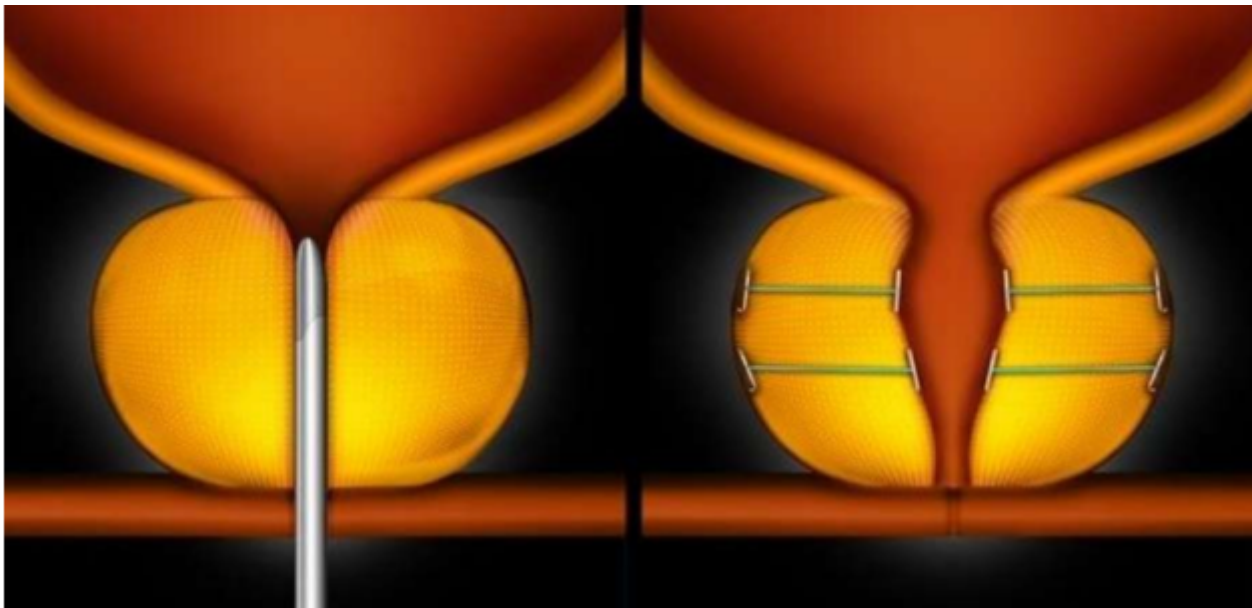


Urolift — Fairbanks Urology

fairbanksurology.com/urolift-instructions



Urolift Patient Instructions



Before your procedure

One Week Before-

- Stop taking aspirin and aspirin-like products (ibuprofen, naproxen—Advil, Aleve, etc.) a week before your procedure. You may take Tylenol prior to the procedure.
- Make sure that you talk to your doctor about any other medications you may be taking. Medicines that you may be asked to stop up to one week before the procedure include: blood thinners such as clopidogrel (Plavix), or warfarin (Coumadin).
- Arrange a ride to and from our facility

The night before the procedure:

- Take 1 Levaquin tablet
- Get a good night's sleep

Morning of the procedure:

- Take 1 Levaquin tablet

- Take Ativan 2 hours before the procedure
 - Eat a good breakfast
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Medication Instructions

Levaquin Tablet 500 mg

- It's an antibiotic
- Take 1 tablet the night before the procedure, 1 the morning of the procedure, and 1 the night after the procedure

Pyridium Tablet 200 mg

- It's an analgesic and helps with burning on urination
- Take it after meals three times a day for two days

Percocet Tablet - 5-325 mg

- It's a narcotic used for pain management
- Take it as needed every four hours

Oxybutynin Chloride Tablet 5 mg

- It's a bladder relaxant
- Take it three times a day as needed for thirty days

After the procedure

- Take 1 Levaquin tablet the morning after.
- Drink plenty of fluids for the next three days.
- You may see blood in the urine (usually at the start of the stop of the stream) or the stool (usually when you wipe.) Occasionally men will have blood in the semen during ejaculation as well. These are usually very short-lived problems and may last up to five to seven days.
- No strenuous or heavy physical activity for the next five days. This includes bike riding, jogging, heavy lifting, or weight training. Normal regular everyday activities are completely fine and actually encouraged. The procedure should not limit your normal everyday activities. You may resume sexual activity in two days after the procedure.

- You may have a foley catheter after the procedure for a period of 3 days to help with healing. The foley empties into a leg bag which you will have to periodically empty it when it fills up. The bag has a capacity of 1 liter.
- Notify your doctor immediately if:
 - You have a fever greater than 101
 - If there is blood all the way through the urinary stream
 - If you have a constant intense urge to urinate or urinary burning.

Leg bag instructions

If you end up having a foley catheter, it will be attached to a leg bag. A leg bag is small collection bag with short tubing. This bag can be easily hidden beneath your clothing. The leg bag must remain below the level of your bladder to drain easily. Check the tubing for kinks that can stop the flow of urine into the bag. Wash your hands well before and after touching the catheter. Please do not attempt to remove the catheter yourself.

How to empty your leg bag:

- Empty the bag when it's a third to half way full
- Wash your hands.
- Place the bottom of the bag over the toilet or over an open container.
- Open the clamp or cap on the bottom of the bag.
- Drain the urine into the toilet or container.
- Wipe the connections with an alcohol wipe.
- Close the clamp or cap.
- Do not touch the drain port with your fingers.
- Wash your hands.

How the procedure is performed

The urolift procedure is performed in our office as an outpatient procedure. Before the procedure is started, you will receive local anesthesia to your prostate using a transrectal ultrasound which will be done just before the procedure begins. This involves inserting a smooth, well-lubricated ultrasound probe into the rectum. The probe is slightly larger than a finger and uses harmless sound waves to create a video image of your prostate. Using the video images as a guide, a needle is used to anesthetize the prostate with lidocaine.

The procedure involves inserting a smooth, well-lubricated camera into the urethra. Water flows through the camera and into the urethra to help the doctor see the lining of the urinary tract. The camera is then guided through the urethra until it reaches your bladder. Once inside the bladder, the urologist inserts the urolift implants to help open the urethra and push away the prostate. After the procedure, you may feel the urge to urinate and will be given the opportunity to use the bathroom.

Benefits

After being diagnosed with Benign Prostatic Hyperplasia, or BPH, you've already completed the first step to relief, you have answers. The UroLift system provides relief to those with BPH by offering:

- Rapid symptom relief, better than reported for medications
- Risk profile better than reported for surgical procedures such as TURP.
- Preservation of sexual function
- Return to normal activity in days not months
- Increased quality of life
- No ongoing BPH medications
- 19 clinical study publications; 4 years published clinical data

Risks

The main risks of the procedure include discomfort or pain during the procedure, blood in the urine, and urinary tract infection. The risk of a bladder infection is low. An antibiotic will only typically be prescribed to you if you develop symptoms of a urinary tract infection after this procedure. You should be able to resume normal activities immediately following the cystoscopy.

For more information, check out our website:

<https://www.fairbanksurology.com/urolift/>