



## **Transurethral Microwave Thermotherapy**

This procedure is intended to help men who have problems with urination due to blockage from growth of the prostate. The procedure delivers heat through a catheter placed through the penis while cooling the areas around the prostate to decrease the complications or side effects. The procedure is intended to take the place of medication while avoiding the invasiveness of surgery.

### **Pretreatment**

- 2 days Before Procedure: Take 200 mg of Ibuprofen 3 times/day.
- Avoid alcohol, coffee, and other caffeinated beverages 48 hours prior to the procedure.
- 1 Day before Procedure: Start taking antibiotic as prescribed.
- Reduce fluid intake the day before the treatment, but do not stop drinking fluids altogether.
- Eat a light meal the night before the procedure.
- Continue taking all routine prescription medications unless told otherwise.
- Administer a self-enema such as a Fleet enema 1-2 hours prior to the procedure. (An enema cleanses the lower bowel and is essential for accurate rectal temperature measurement during the procedure)
- Plan to arrive about 20 minutes before the procedure. This will allow enough time to prepare for the treatment, including pretreatment medication, as needed, to help relax.
- Arrange for transportation home after the procedure; patient should not drive himself home.

### **Post-Procedure Care**

- Take 200 mg of Ibuprofen 3 times/day for 3-5 days.
- Take antibiotics as prescribed.
- You may experience several days of prostatic discomfort and increased irritative symptoms following the procedure.
- A Foley catheter may be used following the procedure for 2-5 days to reduce the incidence of urinary retention and the associated pain/discomfort resulting from the treatment.
- Some side effects from the treatment you may or may not experience:
  - Soreness in the lower abdomen
  - Urgency to urinate even after the catheter is removed
  - Frequent urination
  - Bladder spasm
  - Small amount of blood in the urine
  - Aching and/or discomfort in the prostate area
- Be aware that it is possible for your symptoms to transiently worsen after treatment and it may take several weeks to resolve.
- Contact the physician if:
  - Fever above 101.5F
  - Notice a painful, swollen and/or inflamed testicle(s) or scrotum
  - Unable to void spontaneously or the catheter is not draining urine
  - Difficulty moving bowels
  - Excessive urinary bleeding or bleeding from the penis
  - Continuous bladder spasms