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The following information is provided to help you better understand what to expect from your **laser prostatectomy treatment (ILC)**. If you have any questions about his information or any aspect of the treatment, please contact the office.

7 to 10 days prior to treatment:

- ❖ 10 days prior to your procedure you will need to stop taking aspirin or aspirin-like products (ex: Ecotrin, Naprosyn, Motrin/Advil (Ibuprofen), Aleve, Excedrin, etc...).
NOTE: IT IS OK to take Tylenol (acetaminophen)
- ❖ Immediately notify the office if you are taking any blood thinners, such as: Coumadin, Plavix etc. You will receive special instructions from the nurse on these medications.
- ❖ Have your prescription medications filled that Dr. Hughes prescribed to you for the procedure and bring ALL OF THEM to the office the day of the procedure. You do not need to take any of these prescribed medications prior to your procedure date.
- ❖ Arrange for someone to drive you the day of treatment. You will not be able to drive due to sedation.

DAY BEFORE TREATMENT:

- ❖ Reduce your fluid intake the day before treatment, but do not stop drinking fluids.
- ❖ Avoid coffee and other caffeinated beverages 48 hours prior to your procedure.
- ❖ Continue taking all prescription medications.
- ❖ Please do a disposable enema (i.e. fleets) the night before your procedure.

DAY OF TREATMENT:

- ❖ Bring all the prescription medications that Dr. Hughes gave you to have filled with you.
- ❖ Arrive to the office at the time you were given.
- ❖ Please bring someone with you to drive you home.
- ❖ Plan on spending approximately 2 hours for the entire visit.

What to expect during the treatment:

The treatment itself usually takes between 30 minutes and an hour, although you should allow 2 hours for the entire visit. You will be positioned on a treatment bed in a comfortable position.

- ❖ Upon your arrival you will be given medications which will include: an antibiotic, mild sedative, and pain medication. Once these medications have taken effect,
- ❖ A flexible catheter will be used to drain your bladder. A topical anesthetic will be used to help numb the bladder and reduce discomfort during treatment.
- ❖ Anesthetic jelly will be inserted to numb your urethra and help ease insertion of the treatment catheter.
- ❖ Next, the cystoscope will be inserted and the prostate will be treated.
- ❖ After the cystoscope is in place, an ultrasound may be performed to verify that the cystoscope is properly positioned.
- ❖ During the procedure you may experience some discomfort, such as bladder spasms, the sensation of having to empty your bladder, or a warm sensation in your abdomen.

What to expect after the Treatment:

Although the laser prostatectomy treatment does not require anesthesia or a hospital stay, you'll need to arrange in advance for someone to drive you home. In the days following your treatment:

- The tissue surrounding the urethra will be irritated after the procedure, so you will probably go home with a urinary catheter. This allows urine to drain from you bladder while any swelling subsides. Generally, the catheter is in place for approximately 4 days. In some cases, a catheter may be needed for more than 7 days.
- You may notice a small amount of blood in your urine-this is normal. If the bleeding seems excessive, please call the office.
- You may pass urine around the catheter instead of through, this is normal.
- Drink plenty of fluids, water is best. Try to drink a glass of water (at least 8 ounces) every 2 hours during the day, while the catheter is in place.
- Avoid excessive activity while the catheter is in place.
- Avoid lifting objects heavier than 10 pounds until the catheter is removed.
- Take medication as prescribed by Dr. Hughes.
- Some men are uncomfortable for a few days following their treatment. You may experience a few side effects from the treatment and may notice some (or none) of the following: Soreness in the lower abdomen, urgency to urinate even after the catheter is removed, frequent urination, bladder spasms, or aching and/or discomfort in the prostate area.

How the healing process works:

You may notice no change in your enlarged prostate symptoms immediately after treatment. Some patients' symptoms may increase after the procedure. However, your body is actively working to heal itself.

In the weeks after treatment, your body will gradually reabsorb the treated tissue, and your enlarged prostate will get smaller. As your prostate shrinks, the pressure on your urethra will decrease, 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. Remember, your symptoms may seem to increase immediately after the procedure. Please call my office if you have any questions or concerns.