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### **PRE-OPERATIVE INSTRUCTIONS FOR BARE TIP LASER**

#### **ONE WEEK PRIOR TO TREATMENT:**

- ❖ Stop taking aspirin and aspirin related products (examples: Motin, ibuprofen, Aleve, Excedrin, Ecotrin, Naprosyn)
- ❖ Immediately notify the doctor or nurse if you are currently taking blood thinners, such as: Coumadin or Plavix. You will receive specific instructions from the doctor or nurse regarding these medications.
- ❖ Stop Vitamin E
- ❖ Have all prescriptions filled that Dr. Hughes prescribed for the procedure. You will need to bring these prescriptions with you to the office the day of the procedure, but do not wait to have them filled in the event the pharmacy does not have the medications.
- ❖ Arrange for someone to bring you to the procedure. You will not be able to drive following the procedure due to sedation.

#### **DAY OF THE TREATMENT:**

- ❖ Please bring someone to drive you home.
- ❖ Arrive at the office at the time given to you.
- ❖ You may take all of your regular medications except for aspirin, aspirin related products, blood thinners, and vitamin E.
- ❖ Bring all of the medications Dr Hughes gave you to have filled for today.

#### **WHAT TO EXPECT DURING TREATMENT:**

- ❖ Expect to be at the office approximately 2 hours
- ❖ Upon arrival you will be given medications, which will include, an antibiotic, mild sedative, and pain medication about an hour before treatment.
- ❖ Anesthetic jelly will be inserted to numb your urethra.
- ❖ Next a cystoscope will be inserted into the urethra to visualize the stricture during treatment.

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- ❖ After the scope is in place and the stricture is identified a laser fiber will be introduced through the scope and treatment begins with the laser.
- ❖ During the treatment you may experience slight discomfort, such as a full bladder, or a mild warm sensation.
- ❖ The treatment itself only takes approximately 15 to 30 minutes from start to finish.
- ❖ You may or may not go home with a catheter this depends on the severity of the stricture, the amount of cutting that was performed and the amount of bleeding during the procedure. The catheter is usually removed anywhere from 3 to 7 days after the procedure, Again this depends on each individual case.