

HOME CARE INSTRUCTIONS FOLLOWING PROSTATE ARTERY EMBOLIZATION

703-763-5224

WHAT TO EXPECT:

- You may have an increase in urine output initially following the procedure.
- You may experience increased urinary frequency, mild pelvic pressure or discomfort, bloody urine, and/or painful urination for the next 7-14 days.
- You may experience, upon resuming sexual intercourse, blood in the semen for 7-21 days.
- You may experience pressure, pain, or the urge to have a bowel movement when urinating for the next 4-7 days or notice a small amount of blood in the stool.
- Please call if you develop a fever (temp >101.5 degrees F), urinary retention or no relief from anti-inflammatory medication. It is normal to have a low grade fever (<101.5) for 4-7 days.
- You may have some tenderness and/or bruising around the puncture site initially. Perform activities that are within your comfort level. This should gradually resolve.
- After being discharged, if you notice a moderate amount of new (bright red) blood or increased pain or swelling at the puncture site, you should do the following: lay down, place your fingers on the groin, slightly above the puncture site, and hold firm pressure for 15 minutes. Stop activity at this time and keep the leg straight. *If you are unable to stop the bleeding with firm pressure applied at the puncture site, call 911.*
- If you notice slight oozing of blood at the puncture site, apply pressure, reinforce with small dressing or band-aid, and decrease activity level for several hours. If this fails, call the Interventional Radiology Dept at the phone number listed above.

DIET:

- Drink plenty of fluids over the next 24 hours, unless instructed that your condition requires specific fluid restriction. (Note: this helps to flush the x-ray contrast out of your kidneys)
- Avoid alcoholic beverages for 24 hours following your procedure.
- Resume your regular diet.

ACTIVITY:

- Avoid strenuous activity, such as climbing long flights of stairs, for 24 hours after your procedure. No heavy lifting (greater than 10-20 lbs) for the next week or until the puncture site heals.
- Do not drive a car, and keep walking at a minimum for 2 days following your procedure.
- Avoid sitting in a bathtub or pool of water for 5 days following your procedure.

WOUND CARE:

- Remove the dressing on your puncture site the next day, and then change a band-aid daily, for the next three days, until the site heals. Prior to applying a new band-aid, gently clean the site with soap and water, then dry the area thoroughly.

- Do not apply powders or lotions to the puncture site for the next 5 days.
- Keep the site clean and dry to prevent infection. If the band-aid becomes wet, replace it with a dry one.
- Call the Interventional Radiology Dept. if redness, increasing tenderness/pain, or swelling/enlarging hard lump occurs at the puncture site.

MEDICATION:

- Resume all previous medications. [EXCEPTION: If taking Glucophage (Metformin), hold for two days following the procedure.
- You have been provided the following prescriptions:
 - Ciprofloxacin-500mg twice a day for 5 days (to prevent infection)
 - If you are not taking Ciprofloxacin, then follow instructions for alternate antibiotic
 - Motrin (Advil/Ibuprofen)-600mg three times a day for 4 days (anti-inflammatory)
 - Pyridium-200mg three time a day for 2 days (to alleviate bladder spasms and painful urination after the procedure) **Note: This medication will turn your urine orange for several days. Also, if you wear contact lenses, please do not use them while taking this medication, as it can stain them.*
 - Medrol Dose Pack to reduce inflammation and take as prescribed