

COOLED THERMOTHERAPY FOR ENLARGED PROSTATE TREATMENT INSTRUCTIONS

The following information is provided to help you better understand what to expect from your Cooled ThermoTherapy treatment. If you have any questions about this information or any other aspect of the treatment, please consult your urologist.

PRETREATMENT INSTRUCTIONS

The following guidelines are suggested for the day before and the day of your treatment. Your urologist may have additional instructions.

Reduce your fluid intake the day before treatment, but do not stop drinking fluids altogether.

Avoid coffee and other caffeinated beverages 48 hours prior to your procedure.

The night before treatment, eat a light meal instead of a big dinner.

The day of treatment, eat a light breakfast such as juice and toast.

Continue taking all prescription medications.

If directed by your physician, give yourself an enema 1 – 3 hours before the procedure.

Please plan to arrive about 90 minutes before the procedure. This will allow enough time to prepare for the treatment, including pretreatment medication, as needed, to help you relax.

WHAT TO EXPECT DURING THE TREATMENT

The treatment itself generally takes between 30 minutes and an hour, although you should allow 2 – 3 hours for the entire visit. You will be positioned on a treatment bed in a comfortable position.

First, 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 the treatment.

Anesthetic jelly will be inserted to numb your urethra and help ease insertion of the treatment catheter.

Next, the flexible treatment catheter will be inserted. A balloon will be inflated in your bladder to keep the catheter positioned in the prostate.

After the treatment catheter is in place, an ultrasound will be performed to verify that the catheter is properly positioned.

A monitor will then be inserted into your rectum to measure temperatures during the procedure. 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.