

WHAT TO EXPECT AFTER TRANSURETHRAL MICROWAVE THERMOTHERAPY (TUMT)

Some men experience bleeding from their urethra after TUMT. This may be seen in the form of blood clots or bloody urine. Generally, the bleeding is minimal. You may see occasional bleeding for up to 1 month post-treatment.

You may experience urgency, frequency and some burning with urination which may last from a few days to about three weeks. Typically patients see improvement in their BPH symptoms within 3 – 6 weeks.

Temporary swelling of the prostate after microwave/heat therapy will usually cause difficulty in voiding and emptying of the bladder for several days. To make your recovery as comfortable as possible, your urologist recommends that either a small temporary catheter (Foley Balloon Catheter) be placed for urinary drainage for these several days; or you will be given supplies for and taught to perform IN-AND-OUT SELF-CATHETERIZATION to be performed only if the situation develops where you are unable to void naturally on your own.

The length of time that catheterization may be required is variable in patients. However, all patients who were voiding on their own prior to treatment will be able to do so again. Even patients who could not void on their own prior to treatment have an 80% chance of regaining the ability to void naturally.

Most men will require an anti-inflammatory medication and an antibiotic for several days after TUMT. The urologist who performed the procedure will prescribe these medications. If you develop a temperature of over 100 degrees F, please call your urologist.

TUMT allows preservation of a man's sexual function. Normal sexual function can be resumed within 1-2 weeks after TUMT. A minute amount of bleeding may appear with the *ejaculation*. If this occurs, abstinence is recommended for two to three weeks.

Certain foods and drinks may cause irritative symptoms after TUMT. It is helpful to drink plenty of fluids. Caffeine (coffee, tea, soda, pop), alcohol and spicy foods should be minimized for several weeks after the procedure, only in that they can increase the amount of urinary irritation you experience.

You may return to your normal activities as soon as you feel like it. Remember that the treatment results will occur slowly over time and it will take up to 6 months to realize maximal results.

If you have any questions or require further clarification, please do not hesitate to talk to your urologist.

UROLOGY SPECIALISTS, P.C. VINCENNES, INDIANA