**Prostate Artery Embolization**

**Discharge Instructions**

# Level of Activity is Limited

* ***Stair climbing***: Keep to a minimum the first 2 days, try to limit to one time, every eight hours.
* ***Exercise***: Take it easy and slowly increase your activity over the next three to four days. While you will progressively feel better, you can anticipate a lack of energy and you should rest when you are tired.
* ***Shower***: You may shower the day after the procedure.
* ***Sexual Relations***: You may have unrestricted activity, including sexual relations and exercise **1 week after the procedure.**  There may be blood tinged semen in the first 2 weeks after the procedure.
* ***Date to return to work***: You will need one week off from work following the procedure.
* ***Driving***: Do not drive until you are no longer taking the prescription pain medications (Oxycodone). These medications may make you sleepy. You should also not operate any machinery or kitchen appliances while you are on these medications.
* ***Other limitations***: No heavy lifting, pushing or pulling for 2 weeks.

## **Diet**

* No restrictions.
* Increase fluids and fiber.
* You may have prune juice or over the counter mild laxative/stool softeners (such as Colace) to help keep your bowels soft. Constipation will make pain worse.

## **Groin Puncture Site**

* The arterial puncture site is at the groin region and is covered with a Bandage.
* You may shower each day.
* After showering, replace Band-Aid. Do this until the skin is completely closed.
* Observe the site. Some bruising is normal. As this heals, the bruising may spread out over several days.
* You may feel a small knot, about the size of a large pea, under the skin of the puncture site. This is normal and will fade in a few months.
* If you have continuing pain at the puncture site, you may take Motrin or Advil and please contact the Interventional Radiologist at 215-481-6226.
* Notify the Interventional Radiologist if there is any separation, drainage, redness, or severe pain at site.
* If you notice any swelling or active bleeding from the puncture site, which is very rare, **call for help (911) and**
	+ Lie down flat
	+ Apply direct pressure with your fingers over top of the site for a minimum of 10 minutes

## **Urinary Symptoms**

* Worsening urinary symptoms including urinary frequency, nighttime urination, urinary urgency, pelvic discomfort, and blood in urine are not uncommon and may occur after the procedure. These symptoms are worse in the first week after the procedure and will gradually improve over the first month.
* If you are unable to initiate urination and are unable to urinate for several hours, you may have urinary retention and may need catheterization. Please contact your Urologist or the Interventional Radiologist for further instructions (phone numbers listed below).

## **Medications**

* You will receive prescriptions for one or all of the following medications:
	+ Naproxen 250mg – 1- every eight hours for three days – Take with food
	+ Oxycodone 5mg - 1 every eight hours as needed for pain- May take with food
	+ Medrol Dosepak (methylprednisolone) – Take as directed (instructions on package). Steroid to decrease inflammation.
	+ Zofran 4 mg- 1 every 8 hours as needed for nausea
	+ Oxybutynin (Ditropan) 5mg – 1 tablet three times per day for five days. This relaxes the bladder.
	+ Pyridium (phenazopyridine) 100mg – 1 tablet three time per day for 2 days (this will turn urine orange). Decreases urinary tract pain.
	+ Ciprofloxacin 500mg – 1 tablet twice per day for 5 days. This is an antibiotic.
* If you need a re-fill, you will need to call the Radiologist and have someone come to Abington Memorial Hospital to pick up the prescription. According to the law, we cannot fax narcotic prescriptions to any pharmacy.

Bowel issues

Bloody bowel movements can occur in the first week after the procedure and will resolve without any treatment.

Constipation

The medications you were given during your procedure and hospital stay, as well as, your discharge pain medications, tend to cause constipation. *Constipation in the days after your procedure will increase your abdominal discomfort.* Please follow these instructions to keep your bowel function regular after your procedure:

* Drink plenty of liquids to keep your body hydrated and to help keep your bowels functioning properly.
* Take Colace 100mg capsules (stool softener to prevent constipation). The generic name for this medication is ducosate sodium. Take one table every 12 hours while you are taking any narcotic pain medication.

If you have not had a bowel movement within first two days after your procedure despite taking Colace: Take 2 tablets of Senekot-S (over the counter) at bedtime. If you have not had a bowel movement by the next morning: Take 2 more tablets of Senekot-S in the morning

If you have not had a bowel movement on the third day despite the above measures: Take 2 tablespoons of Milk of Magnesia at dinnertime and at bedtime.

If you have not had a bowel movement by the next morning (day 4):

Please contact us for further instructions at (215) 481-6226 or follow the instructions below for after hour contact information.

## **Potential Problems**

* **Symptoms that may indicate problems:**
	+ **Swelling or active bleeding from puncture sites**
	+ **Pain arising several days or weeks after the initial pain has resolved**
	+ **Elevated temperature (> 101 ° F)**
* **If these symptoms occur, contact the Radiologist or your urologist immediately.**

## **Follow-up Care:**

* You will be given a follow up appointment with the Interventional Radiologist for 1 week after the procedure. You may be given this appointment before discharge or you may schedule it by calling **215-481-6226.**
* Further follow up with the Interventional Radiologist will be at 1 and 3 months after the procedure.
* Please schedule an appointment with your urologist 1 month after the procedure.

**WHOM TO CALL:**

**Physician Contact Information**

* **If you have a problem that requires immediate attention, you should go to the emergency room, either at Abington Memorial Hospital or the closest hospital, or call 911.**
* Our office is open Monday through Friday (except major Holidays) from 7:30 AM to 4:00PM. We can be reached at 215-481-6226.
* If you are unable to reach our office and you have an urgent need, please call the following:
	+ ***During regular weekday hours*** *(except major Holidays)* from 7:30 AM to 4:00 PM, call **215-481-2040**.
	+ ***For after hour emergencies*** call **215-481-2000** and ask the hospital operator to contact the Interventional Radiologist on-call.

I hereby acknowledge that I have received and understand the instructions given to me.

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PATIENT SIGNATURE

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NURSE SIGNATURE DATE TIME