

PROSTATE ARTERY EMBOLIZATION POST PROCEDURE DISCHARGE INSTRUCTIONS

This care sheet gives you a general idea about how long it will take for you to recover. Each person recovers at a different speed.

You had local anesthesia (a shot to numb the area where the catheter was inserted). You may feel some pain and discomfort as it wears off.

You have had sedative medicines to help you relax and pain medication to ease pain. It was given in your veins. Common side effects from sedation include:

- Feeling sleepy – your doctors and nurses will make sure you are not too sleepy to go home.
- Nausea and vomiting – this usually does not last long. It can be treated with over-the-counter medication. Read and follow all instructions on the label.
- If you received sedation, for the next 24 hours please **AVOID**:
 - Alcoholic beverages
 - Making important personal, business, and legal decisions
 - Driving, operating heavy machinery, or doing anything that requires coordination and balance

Recovering from a Prostate Artery Embolization

Common side effects include:

- Pain or burning during urination. This is from inflammation in the prostate caused by the blocked arteries. If severe, your doctor may prescribe a medication to help lessen the pain.
- A small amount of blood in your urine in the days or weeks following the procedure. This will get better with time. If the amount of blood seems to be increasing, notify your doctor.
- Flu-like symptoms. You may feel tired, have nausea, poor appetite, a low-grade fever (less than 101.5°F), vague pelvic pain, night sweats and/or chills when you go home. Most of these symptoms should improve after 4 to 5 days.
- In rare circumstances, inflammation in the prostate will make it hard to urinate. The doctor will need to place a urinary catheter to help with urination. In these rare circumstances, you will go home with the urinary catheter. Your doctor will arrange a follow-up visit in 1 week to remove the catheter.

Diet

- You can eat and drink fluids as tolerated. Start with clear liquids and work up to solid foods.
- Drink plenty of fluids unless otherwise directed by your doctor. Extra fluids will help flush the contrast dye from your body.

Activity

- Do not lift anything heavier than 5 pounds for the first 3 days after the procedure.
- Avoid any sexual activity for the next seven days.
- Avoid strenuous activities and heavy lifting for 2 weeks.
- Limit climbing stairs today and tomorrow if the puncture site is in your groin.
- Rest when you feel tired, especially for the first 48 hours (about 2 days). Getting enough sleep will help you recover.
- You can go back to normal activities as you feel up to it. Start slowly and listen to your body, and do not overdo it.

- Most people are ready to return to work 5 to 7 days after the procedure, if not sooner.
- You can drive 2 days after the procedure if you are not taking any narcotics.
- You can shower 24 hours after your procedure.

Caring for the Puncture Site

- You may have a small amount of bruising at the puncture site (where the catheter entered your skin). This is normal and should go away over the next several days.
- Remove the bandage after 24 hours.
- Gently clean the puncture site and the skin around it with soap and water. Don't use hydrogen peroxide or alcohol which may slow healing.
- Gently pat the puncture site dry. Apply new gauze and tape or Band-Aid.
- Change the bandage and clean the puncture site every day until it has healed completely (usually 2-3 days).
- Do not use any lotion or powder near the puncture site.
- Do not take a bath or swim until it has healed completely.
- There should be no or very minimal bleeding from the puncture site.
- If you notice bleeding, lie down and apply direct pressure to the area for 20 minutes. Notify the doctor immediately.

Medication Instructions

See the medications below that can be taken at home. Be safe with medicine. Read and follow all instructions on the label.

- If you are diabetic and taking Glucophage (Metformin), do NOT take it for 2 days after the procedure.
- If you have been prescribed any new medications, follow the directions as seen on the prescription.
- If you have pain, do not be afraid to say so. Pain medicine works better if you take it before the pain gets bad.
- You can take over the counter (OTC) medication such as ibuprofen (Advil/Motrin), naproxen (Aleve), or acetaminophen (Tylenol) for mild pain (pain score 1-4) and/or low-grade fever (fever less than 101.5°F).
- Take ibuprofen and naproxen with food as they may upset your stomach.
- If you have a fever over 101.5°F that does not go down with medication, please contact your doctor.
- AZO over the counter for burning when urinating, you can get this at any local pharmacy.

Follow Up Care

- If you are sent home with a urinary catheter, your doctor will arrange a follow up visit to remove the catheter in 1-2 weeks.
- Our patient coordinator will call you to schedule a 3-month follow-up. We will be happy to see you before then if you need us.
- Be sure to make and go to all appointments and call your doctor if you are having problems. It is also a good idea to know your test results and keep an up-to-date list of the medications you take.

When Should You Call for Help?

Call 911 anytime you think you may need emergency care. For example, call if:

- You pass out or lose consciousness.
- You have uncontrolled bleeding from the puncture site.

Call your doctor now or seek immediate medical care if:

- You have severe pain not relieved by medication.
- Blood has soaked through the bandage.

- You have numbness, tingling, or difficulty moving your hand (if you had a radial or wrist puncture).
- You are unable to urinate (and do not have a urinary catheter in place).
- You see a lot of blood in your urine.
- You see blood in your stool.
- You have signs of infection such as:
 - Increased pain, swelling, warmth, or redness around the puncture site.
 - Pus draining or red streaks leading from the puncture site.
 - A fever greater than 101.5°F that does not go down with over-the-counter medications lasting longer than 24 hours, chills, or body aches.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You do not get better as expected.

Physician Contact Information

- If you have a problem that requires immediate attention, you should go to the emergency room at the closest hospital or call 911.
- We can be reached at **1-908-874-9236**.

These instructions are intended as a guide, and all instructions specific to your case will be reviewed with you by your care team.