



## **Pre- and Post-Operative Guidance For Your GreenLight Procedure**

The information below was designed to help you prepare for your GreenLight procedure and recovery period by reviewing some of the key pre- and post-procedure instructions your doctor will likely advise you to follow.

It is important to remember, however, that each patient is unique, and, therefore, your physician may provide you with additional or different instructions. If you have any questions or concerns, be sure to contact your doctor.

### **Pre-Procedure - Patient Instructions**

- Call your doctor if you develop a cold, infection or fever or develop other medical problems.
- Let your doctor know if you are taking any blood thinners such as aspirin, aspirin-containing medications (Coumadin® or Plavix®). Your doctor may recommend that you stop taking these medicines several days prior to the PVP procedure.
- Ask your urologist if you should take your regularly prescribed medications on the day of the procedure.
- Take any antibiotics as prescribed by your doctor.
- Before your scheduled procedure, ask your doctor to write prescriptions for any medications you will be required to take following your procedure. You should try to fill these prescriptions before your procedure so that you have them on hand.
- Write down any questions you have about the procedure and bring them with you to discuss with your doctor before the procedure.
- The night before your procedure, you may eat and drink as usual. However, if you are scheduled to have your procedure before noon the following morning, do not take anything by mouth after 12:00 midnight the night before. If your procedure is in the afternoon your urologist and anesthesiologist may allow you to have a clear liquid breakfast.
- Wear comfortable, loose-fitting clothing on the day of your procedure.
- Bring a list of all the prescription and nonprescription medications that you take regularly with you on the day of the procedure.
- Please plan to arrive two hours prior to your treatment. Remember that you will need to spend some time after the procedure to recover from anesthesia prior to being discharged.
- Arrange for transportation home; you may not drive or operate dangerous equipment for 48 hours after the procedure. If your doctor has indicated that you will need to stay overnight in the facility, be sure to arrange for someone to pick you up the next morning.

## Post-Procedure - Patient Instructions

- **Medication**
  - Please take the medications as prescribed by your doctor. Finish the entire antibiotic prescription.
  - Take pain medication as directed by your doctor. Tylenol or non-steroidal anti-inflammatory medications (such as Aleve®) should relieve mild pain and discomfort.
  - Resume the usual medications you took before surgery unless instructed otherwise. Do not take blood thinners or aspirin products for one week or as directed by your physician.
- **Activity**
  - Take it easy for the first 48 hours after the procedure. Do not drive or operate dangerous equipment for 48 hours following anesthesia.
  - You may be able to resume non-strenuous activities after 48 hours unless otherwise directed by your physician.
  - Avoid strenuous exercise, heavy lifting, bike riding, and yard work for two weeks, as the vibrations and movement may cause bleeding.
  - No sexual activity for two weeks after surgery.
- **Catheter**
  - You may need a catheter to drain your bladder, depending upon how much swelling you experience after the procedure. Catheters generally are removed within 24 hours. Do not disconnect the catheter from the drainage bag unless directed by a doctor. Wash around the catheter with soap and water and rinse well.
- **Diet and Fluid**
  - Avoid coffee, tea, carbonated beverages, alcoholic beverages, citrus juices, spicy foods and smoking for the first 3 days following surgery.
  - Increase your intake of fluids, particularly water. 24 – 48 ounces over your usual daily fluid intake is typically recommended. Limit fluids after 6 pm.
- **Bowels**
  - Do not strain when having a bowel movement. Expect irregular bowel habits until fully recovered. Increase fiber in your diet. You may need a stool softener or laxative during the first two weeks of your recovery.
- **Expected Signs and Symptoms**
  - You may experience urinary urgency and/or frequency for the first month following surgery. This is normal. Talk to your doctor to discuss medications that may relieve this.
  - You may have a small amount of bleeding with urination on occasion. This may be accompanied with small blood clots. This is normal, and should be relieved by increasing your fluid intake.
  - You may experience some mild burning and discomfort during urination. This is normal and should subside in one to two weeks.
- **When to call your doctor**
  - Please call the office immediately if any of the following symptoms appear:
  - Bright red bleeding in urine with a heavy blood clot.
  - Fever over 101° F (38°C).
  - Inability to urinate for more than 4 hours.
  - Feeling of bladder fullness that does not go away after urinating.
  - Severe pain at any time.
  - If you have any questions regarding your preparation for or recovery from the PVP procedure.