



# THE UROLOGY GROUP

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Loudoun Medical Group Interventional Radiology Center  
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## Prostate Artery Embolization Postprocedure Instructions

Thank you for having your Prostatic Artery Embolization with The Urology Group at Loudoun Medical Group's Interventional Radiology Center. This is an explanation of what to expect after the procedure. If you have any questions or concerns that are not addressed in the instructions, please call us at the number above.

### **SUPERVISION**

For patients receiving sedation other than local anesthesia, a responsible adult will supervise the patient above for 12-24 hours.

### **SYMPTOMS YOU MAY NOTICE**

You may notice increased frequency of urination, mild pressure or discomfort in the low belly, blood in the urine and/or painful urination for 7-14 days.

You may see blood in the semen for 7-21 days.

You may notice pressure, pain, or the urge to have a bowel movement when urinating and/or a small amount of blood in the stool for 4-7 days.

It is normal to have a low grade fever (temperature less than 101.5 degrees Fahrenheit or 38.6 degrees Celsius) for 4-7 days. Please call if you develop a fever (temperature greater than 101.5 degrees Fahrenheit or 38.6 degrees Celsius), are unable to urinate or still have symptoms despite medication.

You may have some tenderness and/or bruising around the puncture site initially. Bruising can take 23 weeks to go away completely. Please call immediately if you feel a lump that is growing or varies with your pulse.

If you notice slight oozing of blood at the puncture site, apply pressure, reinforce with small dressing or Band-aid, and decrease activity level for several hours. If this fails, call the LMG Interventional Radiology Center at the phone number listed above.

If you notice a moderate amount of new, bright red blood or increased pain or swelling at the groin puncture site, you should do the following: lay down, place your fingers on the groin, slightly above the puncture site, and hold firm pressure for 15 minutes. Stop activity and keep the leg straight. If you are unable to stop the bleeding with firm pressure at the puncture site, call 911.

## **DIET**

Resume your normal diet. Drink plenty of fluids over the next 24-48 hours, unless instructed that your condition requires fluid restriction. This helps to flush the x-ray contrast out of your kidneys. Avoid alcoholic beverages for 24 hours after your procedure.

## **ACTIVITY For groin procedures**

For procedures where we entered your artery from the top of your leg (groin): Avoid strenuous activity, such as climbing long flights of stairs, for 24 hours after your procedure. No heavy lifting (greater than 15-20 pounds or 6-9 kg) for 7 days or until the puncture site heals.

Do not drive a car for 24 hours after the procedure.

Do not go in a bathtub, pool or hot tub for 5 days after your procedure.

## **For wrist procedures**

For procedures where we entered your artery from your wrist (radial access): Avoid heavy lifting with that arm for 24 hours after your procedure. No heavy lifting (greater than 15 pounds or 6 kg) for 7 days or until the puncture site heals.

Do not drive a car until 24 hours after the procedure.

Do not put your hand under water or in a pool or hot tub for 5 days after your procedure. You may shower and wash your hand and arm normally.

## **WOUND CARE**

Remove the bandage the day after your procedure. Gently clean the site with soap and water and dry thoroughly. Place a new Band-Aid on the site. Wash and apply a new Band-Aid daily for three days.

Do not apply powders or lotions to the puncture site for the 5 days. Keep the site clean and dry to prevent infection.

Call the LMG Interventional Radiology Center if there is redness, increasing tenderness/pain, swelling or an enlarging hard lump at the puncture site.

## **MEDICATION**

**Resume all previous medications except Metformin (Glucophage). If taking Metformin Glucophage), restart this 48 hours after your procedure.**

Most patients will receive the following medications. This depends on your allergies and medication tolerance.

-Antibiotic (Bactrim or Ciprofloxacin): Start after the procedure when you get home.

-Ibuprofen/Motrin: Start after the procedure when you get home.

-Pyridium (Azo): Start after the procedure when you get home. Pyridium may turn your urine and tears orange for a few days. If you wear contact lenses, please do not use them while taking this medication, as it can stain them.

-Colace/stool softener: Start after the procedure when you get home.

-Medrol dose pack (methylprednisolone): Start the day after the procedure.

## **Prostate cancer screening**

Prostate cancer screening tests will not be accurate for six months after the procedure. Please do not have any tests for prostate screening (PSA, 4K, prostate MRI) within six months of the embolization. If you are scheduled to have these done, please reschedule to do prior to embolization or six months after.

## **IF QUESTIONS OR CONCERNS**

Monday-Friday 7:30am — 3:30pm: Please call our office at 703-783-5355

URGENT after hour/weekend: Please text Dr. Piechowiak directly at 716-481-7464

Patient signature: \_\_\_\_\_

Contact name: \_\_\_\_\_ Signature: \_\_\_\_\_

Telephone number to be reached: \_\_\_\_\_

Relationship to patient: \_\_\_\_\_

Surgical facility staff verification: \_\_\_\_\_ Driver notified of pick-up time: \_\_\_\_\_ Initial: \_\_\_\_\_