



THE UROLOGY GROUP

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Prostate Artery Embolization Pre-procedure Instructions

Thank you for having your Prostate Artery Embolization with The Urology Group at Loudoun Medical Group Interventional Radiology Center. Our team is here to help you through the whole process from consultation to follow up. This is an explanation of what to expect before your procedure. If you have questions that are not addressed in these instructions, please call or email us at the contact information above.

Where is the procedure?

The procedure will take place at the Loudoun Medical Group Interventional Radiology Center, 1801 Robert Fulton Drive, Suite 510, Reston, Virginia 20191. This is a Nationally Accredited Surgical Facility. Please arrive 60 minutes before your procedure time to allow for all pre-procedure items to be completed.

What can I expect on the day of my procedure?

You will check in at our front desk. You will be asked to complete any remaining insurance and medical history forms.

Our nursing staff will place a tiny tube in your arm called an intravenous (IV) catheter. This will allow us to give you medicine to make you sleepy. This is also called "sedation". You will not be receiving general anesthesia or be placed on a breathing machine.

You will be taken to our procedure room next. There you will be made comfortable. The Prostate Artery Embolization procedure will be performed by your physician. Then you will be brought to the recovery area where we will monitor you until it is safe for you to go home.

How long is my recovery?

The recovery period is one to two hours. Please expect to be in our office for approximately four hours total. This will include all time from registration to recovery.

Is Prostate Artery Embolization painful?

The procedure itself should not be painful. There may be some mild discomfort, but we do not expect you to have any significant pain during the procedure. Our nursing staff will ensure that you remain as comfortable as possible throughout your recovery. You will also be prescribed pain medication to take at home.

Do I need to stop blood thinning medication?

You may continue aspirin and Plavix (clopidogrel). For all other blood-thinning medication, please contact us at least five days before the procedure to make sure that the medication is stopped for the appropriate length of time. Most other blood thinning medication, such as Xarelto, Pradaxa and Eliquis, will need to be stopped for at least two full days prior to the procedure and can be resumed right after the procedure.

Can I eat before the procedure?

Do NOT eat or drink for six hours before the procedure. Take your medications (except blood thinning medications) with a small sip of water on the day of the procedure.

Can I drive to and from the procedure?

You can NOT drive to or from the procedure. You should plan to have a family member or friend drive you. They can bring you to our office and pick you up after the procedure. We do have a waiting area for family and friends. Family and friends are not permitted in the procedure room.

Will someone contact me before my procedure?

A clinical staff member will contact you before the procedure to review your medical history. Please make every effort to call back if we are unable to reach you, so that we can answer your questions and make sure that your experience is exceptional. If you have any questions, please call or email our office.

Will I receive prescriptions to take after the procedure?

You will receive a separate document after the procedure with post-procedure care, activity, medications and discharge instructions.

Depending on your allergies and medication tolerance, most patients will receive the following medications:

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

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

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

Pyridium: Start after the procedure when you get home.

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