

Patient Instructions for a Cooled ThermoTherapy™ Procedure

1. Your procedure is scheduled for: _____
2. Please arrive promptly by: _____
at the following address _____

3. The following guidelines are suggested for the day before and the day after treatment.
 - Reduce fluid intake the day before treatment, but do not stop drinking fluids altogether.
 - Avoid alcohol, coffee and other caffeinated beverages 48 hours prior to the procedure.
 - The night before treatment, eat a light meal.
 - The day of treatment, eat a light breakfast such as toast, juice or milk.
 - Continue taking all routine prescription medications.
 - Administer a self-enema such as a Fleets enema 1 – 3 hours prior to the procedure. An enema cleanses the lower bowel to aid in rectal temperature measurement and helps to maximize comfort during the procedure.
 - Plan to arrive about 60 minutes before the procedure or as instructed by the office. This will allow enough time to prepare for the treatment, including pre-treatment medication, as needed, to help relax.
 - Arrange for transportation home after the procedure.
 - Allow approximately 2 – 3 hours for completion of the procedure.
 - If you have questions or for any reason you will be unable to make this appointment, please call:

Clinician / Physician's Name

Clinician / Physician's Phone Number

Cooled ThermoTherapy™ is available by prescription only. This therapy is not for everyone. Talk to your physician to see if Cooled ThermoTherapy is right for you. Most medical procedures may have side effects. Possible side effects for Cooled ThermoTherapy include blood in urine, clots in urine, painful or difficult urination, thickened bladder muscle, rectal irritation, temporary inability to control urination, brief inability to achieve or maintain an erection and the inability to discharge semen in orgasm thus should be considered by men who wish to have further offspring. A small risk of urethral stricture may result requiring further intervention. Patients may experience discomfort during the procedure that may require the use of analgesics or sedatives. Patients may be catheterized for a 2 to 5 day period following the treatment.¹ For more complete information about the benefits and risks associated with Cooled ThermoTherapy please refer to the Instructions for Use found on our website at www.cooledthermotherapy.com or call us at 1.800.475.1403.

¹Data taken from the CTC Advance® Instructions for Use, 250348 Rev B 12/08.