

## Cooled ThermoTherapy™ Patient Instructions for Care of Catheter

Some swelling of the urinary tract tissue is normal following Cooled ThermoTherapy™ treatment. The swelling may cause some difficulty in urination. To prevent this problem, a urinary drainage catheter may be inserted prior to your return home. The catheter will drain the urine from your bladder while your urinary tract heals. The following information will help you manage the care of the catheter during recovery period.

1. A catheter is a urinary drainage tube that allows the drainage of urine from the bladder. The tube has a small balloon on one end that is inflated with sterile water. This balloon keeps the catheter in and prevents the tube from sliding out of the bladder.
2. The catheter will remain in place for \_\_\_\_\_ days.
3. It is important to clean the catheter (the area of the tube where it enters your penis) daily.
  - a. First, wash your hands before caring for your catheter.
  - b. Use a clean wash cloth and soap to clean the catheter and the penis.
  - c. You may wish to use a special cleaning liquid, such as Betadine soap that can be purchased at your local pharmacy.
  - d. Always clean by wiping away from the tip of the penis.
  - e. Apply an antibiotic ointment to the tip of the penis after cleaning. Antibiotic ointment can be purchased at your local drug store.
4. The catheter has a drainage bag attached to it. It is important to ensure that the drainage bag is below the level of the bladder to prevent urine from going back up the tube and contaminating the bladder. This reduces the possibility of urinary tract infection.
5. It is important to avoid any tension on the catheter. Tension on the catheter can cause discomfort to tender tissues or dislodge the catheter from the bladder.
6. You may take a daily shower. However, avoid a bath until the catheter has been removed.
7. Observe the catheter for any signs of infection. Note and report any signs of swelling, inflammation, colored discharge or elevated temperatures to your physician.

If you have **ANY** questions after your return home, please do not hesitate to call.

Your physician / clinician is: \_\_\_\_\_

Phone number: \_\_\_\_\_

After normal business hours call: \_\_\_\_\_

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.<sup>1</sup> 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](http://www.cooledthermotherapy.com) or call us at 1.800.475.1403.

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