

# Cooled ThermoTherapy™

## What can I expect?

The following information is provided to help you better understand what to expect from your Cooled ThermoTherapy treatment. If you have any questions about this information or any other aspect of the treatment, please consult your urologist.

### PRETREATMENT INSTRUCTIONS

The following guidelines are suggested for the day before and the day of your treatment. Your urologist may have additional instructions.

- 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 instead of a big dinner.
- The day of treatment, eat a light breakfast such as juice and toast.
- Continue taking all routine prescription medications.
- Administer an 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 pretreatment medication, as needed, to help you relax.

### WHAT TO EXPECT DURING THE TREATMENT

The treatment itself generally takes between 30 minutes and an hour, although you should allow 2 - 3 hours for the entire visit. You will be positioned on a treatment bed in a comfortable position.

- First, a flexible catheter will be used to drain your bladder. A topical anesthetic will be used to help numb the bladder and reduce discomfort during the treatment.

- Anesthetic jelly will be inserted to numb your urethra and help ease insertion of the treatment catheter.
- Next, the flexible treatment catheter will be inserted. A balloon will be inflated in your bladder to keep the catheter positioned in the prostate.
- After the treatment catheter is in place, an ultrasound will be performed to verify that the catheter is properly positioned.
- A monitor will then be inserted into your rectum to measure temperatures during the procedure.
- During the procedure you may experience some discomfort, such as bladder spasms, the sensation of having to empty your bladder, or a warm sensation in your abdomen.

### WHAT TO EXPECT AFTER THE TREATMENT

Although Cooled ThermoTherapy treatment does not require anesthesia or a hospital stay, you'll need to arrange in advance for someone to drive you home. In the days following your treatment:

- The tissue surrounding the urethra will be irritated after the procedure, so you will probably go home with a urinary catheter. This allows urine to drain from your bladder while any swelling subsides. Generally, the catheter is in place for 2 – 5 days. In some cases, a catheter may be needed for more than 7 days.
- You may notice a small amount of blood in your urine—this is normal. If the bleeding seems excessive, call your urologist.
- You may pass urine around the catheter instead of through it—this is normal.

- Drink plenty of fluids. Try to drink a glass of water every 2 hours during the day, while the catheter is in place.
- Avoid lifting objects heavier than ten pounds and excessive or strenuous activity while the catheter is in place.\*
- Avoid tension on the catheter, which can cause discomfort or cause the catheter to dislodge.
- You may take a shower. Avoid a bath until your catheter has been removed.
- Take medication as prescribed by your physician.
- Some men are uncomfortable for a few days following their treatment. You may experience a few side effects from the treatment and might notice some (or none) of the following:

*Soreness in the lower abdomen, urgency to urinate even after the catheter is removed,*

*\*See Patient Instructions for Care of Catheter*

## HOW THE HEALING PROCESS WORKS

You may notice no change in your enlarged prostate symptoms immediately after the treatment. However, your body is actively working to heal itself.

In the weeks after treatment, the tissue treated with Cooled ThermoTherapy will gradually be reabsorbed by your body. As your prostate heals, the pressure on your urethra will be decreased, and your symptoms will be reduced. Most men will start to see improvement in their symptoms within 6 – 12 weeks, although this varies with each person.

**Additional Instructions:** \_\_\_\_\_

**Your follow-up appointment is:** \_\_\_\_\_

**Contact us at:** \_\_\_\_\_

This therapy is available by prescription only and is not for everyone. Talk to your physician to see if it is right for you. As with most medical procedures, there may be some side effects associated with this therapy including blood in urine, catheterization, obstruction, clots in urine, bleeding, painful urination, pain/discomfort, bladder trabeculation, rectal irritation, prostatic urethra damage, temporary incontinence, transient erectile dysfunction, and loss of ejaculation.

Caution: Federal USA law restricts these devices to sale by or on the order of a physician. For more complete information about the benefits and risks associated with Urologix in-office therapies, please refer to the System Manual/Instructions for Use found on our website at [www.urologix.com](http://www.urologix.com) or call us at 888.229.0772. ©2014 Urologix, Inc. All rights reserved.

*frequent urination, bladder spasms, or aching and/or discomfort in the prostate area.*

Individual experiences may vary. Consult your urologist if you have any questions.

## COMPLICATIONS

You should consult your urologist if you experience any of the following:

- Temperature above 101.5° (taken by mouth).
- Excessive urinary bleeding or bleeding from the penis.
- Continuous bladder spasms.
- Painful, swollen and/or inflated testicle(s) or scrotum.
- Unable to void spontaneously or the indwelling catheter is not draining urine or is blocked.
- Difficulty moving bowels.