

Before the Procedure:

- Use Fleets Enema three hours prior to procedure
- Fill prescriptions for Percocet and Xanax and **bring with you to appointment**

Medications:

- No aspirin or blood thinners for 1 week before procedure
- Avoid caffeine and alcohol 1 week before procedure
- Take all other normal medications on the day of procedure

Diet:

- May eat light breakfast/lunch day of procedure

During the Procedure:

The procedure takes approximately 30 minutes. You will feel the pressure from the scope, a slight stick from the electrodes, then a warming sensation in the bladder. At this time, you may start to feel the need to urinate. We will be automatically emptying your bladder during the procedure.

After the Procedure:

- You must have a driver after the procedure
- You will be sent home with a catheter in place. A catheter is a rubber tube inserted through your penis into your bladder to keep your bladder empty of urine. You will have the catheter in place for 2-3 days after your procedure. You will be taught how to care for your catheter before leaving.

While your catheter is in place, there are several things to keep in mind:

- Blood in the urine is **NORMAL** – you may have urine that is cherry colored. This usually clears in a few days.
- You may have bladder spasms. This causes an urgent need to urinate or pressure sensation in the bladder. Often urine will leak around the catheter at the tip of the penis as well. If the spasms are frequent or painful please call us.
- You may take a shower with your catheter in place but **NO BATHS**. Each day, wash the tip of the penis with warm, soapy water and rinse. A small amount of drainage from the penis is **NORMAL**.

Recovery:

- After your Radio Frequency Procedure, healing can take from 4-12 weeks. Be patient and allow your body to recover. During this time you may experience:
 - Blood in urine
 - Blood in semen
 - Frequent urination at night
 - Burning/urgency to urinate