

About Your Procedure

UroLift

This handout describes a UroLift procedure to treat an enlarged prostate. It also gives instructions to follow before and after your procedure.

What is a UroLift?

A *UroLift* is a procedure to treat urinary symptoms caused by an enlarged prostate gland (*benign prostatic hyperplasia*, or BPH).

When is a UroLift needed?

If your BPH does not cause other symptoms, no treatment is needed. But, BPH can cause these problems for some men:

- Needing to urinate often or urgently
- Difficulty starting urination
- Needing to urinate often at night (*nocturia*)
- Not being able to urinate
- Having to stop and start again while urinating
- Feeling like you can't empty your bladder all the way
- Urinary tract infections
- Slow urination

If your BPH is causing urinary problems, your healthcare provider may:

- Suggest behavioral changes, such as drinking less fluids before going to bed
- Prescribe medicines to relax the channel that goes through the prostate or to shrink the prostate so it does not block the urine flow



Talk with your healthcare provider if you have any questions about your treatment.

If these options do not work well for you, or you do not want to take medicines every day, your provider may advise you to have a UroLift.

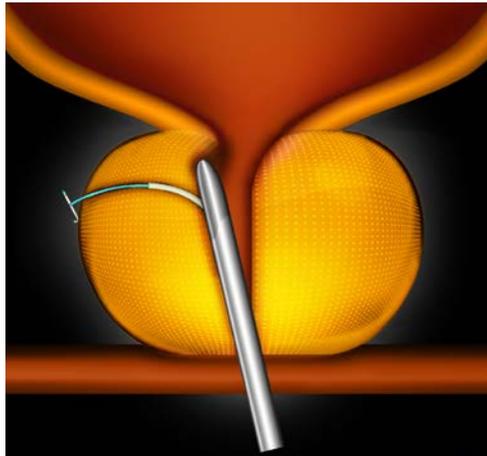
What happens in a UroLift?

In a UroLift, a special tool is passed through your *urethra* (the tube that carries urine from your bladder to the outside of your body) and up to your prostate.

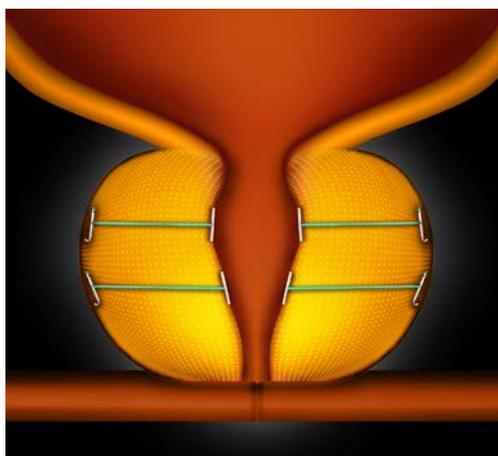
Using the tool, your surgeon will then pass a needle up the urinary channel and through the prostate. As the needle is pulled back, it places a small clip outside the prostate and a small clip inside the urinary lining of the prostate. The two clips are connected with a polyester *suture* (stitch). For most men, the surgeon places 4 to 6 clips.

When the clips are in place, they hold open a channel from the bladder into the urethra (see drawings below). These clips will stay in your body.

A UroLift is usually done in a clinic and takes less than 30 minutes. It uses local *anesthetic* (numbing medicine) in a jelly inserted into your urethra. This numbs the area so you do not feel pain. You will also receive a *sedative* medicine to help you relax.



A needle is used to place clips, both outside the prostate and inside the urinary lining of the prostate.



When all the clips are in place, they hold open a channel through the bladder.

How do I prepare?

7 Days Before

- Some drugs may cause extra bleeding during and after your procedure. For 7 days before your UroLift, unless your provider tells you otherwise, do **not** take any aspirin or aspirin-like drugs such as ibuprofen (Motrin, Advil, and others) or naproxen (Aleve, Naprosyn, and others).
- Arrange for a responsible adult to drive you home after your procedure.

2 Days Before

- Stop drinking alcohol, coffee, black tea, and other drinks with caffeine.

1 Day Before

- Reduce your fluid intake, but keep drinking small amounts of fluid.
- The night before your procedure, eat a light meal.
- Starting at midnight the night before, do **not** eat or drink anything.

Day of Your Procedure

- Do **not** eat or drink anything.
- Take your usual prescription medicines with only a small sip of water.
- Plan to arrive about 30 minutes before your procedure, or at the time our office told you to arrive. This gives us time to prepare you for the procedure, including giving you medicines to help you relax, if needed.
- Expect to be in the clinic for about 2 hours.

After Your Procedure

- The UroLift procedure is done in the clinic. You will not need to stay overnight in the hospital. Plan to have a responsible adult drive you home after the procedure.
- You should not have much pain after your procedure. But, you will likely have some soreness at the tip of your penis and in your lower abdomen.
- You may feel the need to urinate more often and with greater urgency at first. These are normal reactions.
- After the procedure, your urine may contain a little blood. This usually lasts for 3 to 7 days.
- You may take a shower.
- If you have a urinary *catheter* (tube) placed:
 - Do **not** take a bath or soak in water while you have a catheter.
 - Do only easy, light activities until after your catheter is removed.

For Your Safety

The sedative you receive during your procedure will make it hard to think clearly. It can take 24 to 48 hours for all of these effects to go away.

For your safety, for at least 24 hours after you get home:

- Do **not** drive or use machinery.
- Do **not** drink alcohol.
- Do **not** eat large meals, spicy foods, or heavy foods (foods that are high in fat, sugar, or carbohydrates). After 24 hours, you may eat your usual foods.
- Do **not** make any important decisions or sign any legal documents.
- Do **not** be responsible for anyone else's care.

What to Expect After Your Procedure

- It is normal to have a little blood in your urine after a UroLift procedure. This usually lasts for 3 to 7 days after the procedure.
- For 1 week after your procedure:
 - Avoid strenuous activity (activity that makes you breathe hard or makes your heart beat quickly).
 - Do not lift anything that weighs more than 10 pounds (1 gallon of milk weighs almost 9 pounds).

Are there any long-term risks of having a UroLift?

- The UroLift procedure is linked with *retrograde ejaculation*. In this condition, semen released during sexual climax (ejaculation) enters your bladder instead of going through the penis. This is not harmful and usually does not affect sexual pleasure. But, it can interfere with your ability to father a child.
- The UroLift procedure is not usually linked with loss of erections or *stress urinary incontinence* (leaking urine when you cough or sneeze). But, some men may have urinary leaks when they feel urgency.

Self-care at Home

Fluids and Food

For 24 hours after your procedure:

- Drink plenty of water to stay hydrated and to help flush any blood out of your urinary system.
- Avoid spicy and greasy foods.
- Resume eating your normal foods as you are able to handle them.

Pain Medicine

- For mild discomfort or moderate pain after surgery, take acetaminophen (Tylenol).
- Most men do not need prescription pain medicine after a UroLift procedure. But, some doctors prescribe the drug Norco after surgery. Norco contains acetaminophen and a prescription pain medicine. If you take Norco, always take it with food so that you do not get an upset stomach. Do not take acetaminophen (Tylenol) with Norco.
- Do **not** drive while you are taking prescription pain medicine.

When to Call

For 3 to 7 days after your procedure, it is normal to have some blood in your urine. It is also normal to feel burning at the tip of your penis when you urinate for 1 to 2 weeks after your procedure. But, if you pass blood clots or still have blood in your urine 2 weeks after your UroLift, call the Men's Health Center (206.598.6358).

Also call the Men's Health Center if you are concerned about any of your symptoms, or if:

- You have a fever higher than 101°F (38.3°C)
- Your testicle or scrotum is painful, swollen, or inflamed
- You have shaking and chills
- You have ongoing bladder spasms
- You have an upset stomach and are vomiting
- You cannot urinate
- You have skin reactions, such as hives or a rash

If you need help after hours, go to the Emergency Room.

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Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Men's Health Center:
206.598.6358

Hours: 8 a.m. to 5 p.m.