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Discharge instructions Following Rezum (Prostate Steam Injection), Trans-Rectal Sonogram

General Expectations:

Some men may experience discomfort after the procedure. On occasion, some bloody discharge may be apparent from the penis. You may have soreness in the lower abdomen, and it may be uncomfortable to sit. You may experience the need to urinate more frequently and with greater urgency. These are all normal reactions to the procedure. It is important to take care of yourself the next couple of days to facilitate a speedy recovery.

1. Have someone drive you home after the procedure.
2. Drink plenty of water.
3. Take your medication as prescribed.
4. If you have a catheter placed, do not engage in strenuous activity until your catheter has been removed. You may take shower but avoid a bath while you have a catheter.
5. You may experience urgency and frequency for 1-2 weeks. The prostate will shrink over the coming 8 weeks.

Complications:

Call us if you experience any of the following:

1. Temperature above 101.5 (taken by mouth)
2. Excessive urinary bleeding or bleeding from the penis
3. Continuous bladder spasms (Severe urge to urinate)
4. Painful, swollen and/or inflamed testicle(s) or scrotum.
5. Inability to urinate or if the indwelling catheter is not draining urine

Constipation: This is a common side effect of pain medication. Take stool softener as instructed after your procedure. **For constipation longer than 48 hours:** drink ½ bottle of magnesium citrate. If no bowel movement after one hour drink the other half of the bottle. If no bowel movement after magnesium citrate, use a Fleets enema.

Medications:

Take all medications as directed

*When taking pain medications, you may experience dizziness or drowsiness. Do not drink alcohol or drive when you are taking these medication.

*If you are given an antibiotic to prevent urinary tract infection, it is important to finish the medications as directed.

Stool softener: Take a stool softener while on pain medicine so you do not get constipated. We recommend Colace 200mg twice daily and Senna 2 tabs daily.

Follow up:





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Please follow up on:

Call us at 404-400-3120 with any questions or concerns.

