

UROLOGIC PHYSICIANS, P.A.
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POST-Prostiva INFORMATION

After the Prostiva procedure it may take 6-10 weeks before you achieve maximum results from your surgery. During this time the prostate tissue is healing and you may experience some of the following symptoms:

- Blood in the urine for one week and then intermittently for 4-6 weeks
- Blood in the semen for 6-8 weeks
- Frequency and nocturia (urination at night)
- Burning and urgency with urination for 3-4 weeks

Things you can do to relieve these symptoms include:

- If your doctor has prescribed medication to help you urinate (Flomax or Hytrin) stay on this medicine until your doctor tells you to stop
- Sitz baths, sit in a tub of hot water for 10-15 minutes
- Drink plenty of fluids, water is the best. Avoid caffienated beverages such as coffee and colas as these can irritate the bladder and prostate

Also note:

- You may resume sexual intercourse one week after surgery
- It is safe to shower after surgery

You will be dismissed from the office with a catheter. Your doctor will tell you when to return to our office to have it removed by a nurse. Please call our office at 952-920-7600 as soon as you are home to arrange this appointment time.

Occasionally a patient may have trouble urinating after the catheter is removed. It is for this reason that we will arrange that your appointment with the nurse be in the morning. If you do have trouble voiding, call our office so that we can arrange for you to return to have the catheter replaced for a few additional days. You may wish to learn to catheterize yourself. A nurse will explain this option to you in the event it becomes necessary.

Please call our office at 952-920-7660 and ask to speak to a nurse if you have any questions.

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