



## POST-REZŪM™ DISCHARGE INSTRUCTIONS

- Take the antibiotics and pain medication as prescribed.
- Continue to take your alpha-blocker medication (e.g. tamsulosin, silodosin, alfuzosin, and terazosin).
- Keep Foley to leg bag drainage until follow-up appointment.
- Avoid strenuous exercise and heavy lifting for 48 hours.
- Tylenol can be taken to relieve any mild discomfort.
- If you experience a temperature greater than 101.5, chills, difficulty urinating, or severe pain in pelvic, groin, or perineal area, please call your urologist's office.
- Written instructions for discontinuation or resumption of medications prior to and after a procedure are provided.

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Patient Signature

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DOB

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Date of Service



## POST-REZÜM™ DISCHARGE INSTRUCTIONS

### ■ 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 over the next couple of days to facilitate a speedy recovery. The following are some suggestions:

1. Have someone drive you home after the procedure.
2. Drink plenty of water.
3. If you have a catheter in place, do not engage in strenuous activity until after your catheter has been removed.
4. You may take a shower but avoid a bath while you have a catheter in place.

### ■ Medications

1. Take the medication as prescribed by your urologist and resume blood-thinning medication when you no longer see blood in your urine or as directed by your doctor.
2. When taking pain medication, you may experience dizziness or drowsiness. Do not drink alcohol or drive while you are taking these medications.
3. If you are given an antibiotic to prevent a urinary tract infection, it is important to finish all medication as directed.
4. If you have a catheter in place, you will be given instructions on catheter care and an appointment to have the catheter removed in the office.

### ■ Complications

If you experience any of the following you should contact your physician at 770-760-9900, press the option to speak to a nurse:

1. Temperature over 101.5 degrees (taken by mouth).
2. Excessive urinary bleeding or bleeding from the penis.
3. Continuous bladder spasms.
4. Painful, swollen and/or inflated testicle(s) or scrotum.
5. Unable to void spontaneously or the indwelling catheter is not draining urine or is blocked.

If you need immediate attention, go to the hospital emergency room for treatment. Always call your physician before going to the emergency room. If your doctor suggests that you go to the emergency room or other facility for catheterization for inability to urinate, be sure to tell the facility personnel to use a Coude (pronounced coo-day) tipped catheter.

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Patient/Caregiver Signature

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Patient/Caregiver Printed Name

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Date

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Date of Birth

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Clinical Staff Member Signature

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Clinical Staff Member Printed Name