

Cystoscopy and prostatic urethral lift procedure (Urolift)

Postoperative Instructions

DIET:

You may resume a normal diet as soon as you feel ready after your procedure. It is common for 24 hours after anesthesia to avoid heavy meals and start slowly with clear liquids. Eat plenty of fiber-rich foods for the first 1-2 weeks. Alcoholic beverages are best avoided in the first 24 hours and while taking any narcotic pain medications. It is important to drink plenty of water (6-8 glasses) and stay hydrated.

ACTIVITY:

It is important to avoid strenuous activity and/or exercise for the first 1 week after your procedure. This includes avoiding golfing, tennis, and jogging, working out/stretching activities, lawn work such as mowing, raking, shoveling, sexual activity, and any lifting more than 15 lbs. Discuss any specific work-related concerns you have with your urologist.

MEDICATIONS:

You may be prescribed medications that soothe the urinary tract and/or minimize spasms of the bladder. A preventative antibiotic may be given for a 24-hour period after your surgery.

It is important that if you take a daily blood-thinning/anti-platelet medication (Coumadin/warfarin, aspirin, Advil/Motrin, Lovenox, Pradaxa, Eliquis, Xeralto, Plavix, etc.) that you only restart this as instructed by your physicians.

BOWELS:

It is important to avoid constipation as you recover from your Urolift. Drink plenty of fluids (especially water). Narcotic pain medication can be constipating and it is important to take an over-the-counter stool softener/laxative to help prevent constipation (Miralax, milk of magnesia, Colace, etc.).

EXPECTED SYMPTOMS:

It is common to have pain or burning sensation when urinating, urgency to urinate frequently, and blood in the urine for several days or more after your procedure. Pain in the pelvis can also occur. Symptoms typically dissipate over 4 weeks or so. Bladder spasms can result in leakage of urine around the foley catheter. Contact us for worsening/severe pain and/or burning, fevers and chills, severe bleeding with passage of large blood clots, or inability to pass urine.

FOLEY CATHETER:

In some cases a temporary foley catheter is required after the Urolift. This is done at the discretion of your surgeon or if you are unable to void after your procedure. Instructions regarding the timing of the foley catheter removal will come from your surgeon.

See "Foley Catheter Care Instructions" Handout.

FOLLOWUP APPOINTMENT:

A follow-up appointment is typically scheduled 2-3 weeks from your procedure. This should be made the day of your Urolift.