
Before your TULSA Procedure

Pre-Procedure Instructions

To ensure that you have the best possible safety and efficacy outcomes after your TULSA Procedure, it is important that you follow the pre- and post-procedure preparation instructions in this document, along with any additional instructions provided by your urologist and anesthesia provider.

The pre-operative instructions focus on:

- **Bowel prep** to avoid having stool or gas in your rectum interfere with device placement and MRI temperature measurements during treatment,
- **Anesthesia prep** including what to do about any medications that you are normally take,
- **Medications** to minimize the effects of temporary post-operative swelling and protect against urinary tract infections.

1 Week Before Your Procedure

BOWEL PREPARATION:

- Purchase an 8.3 ounce bottle of Miralax or generic equivalent.
- Purchase 64 ounces of any **CLEAR** liquid of your choice (Gatorade, Propel Water, Vitamin Water, Smartwater, **NO CARBONATED beverages**)
- Stop iron and fiber supplements
- Do not eat nuts, seeds, popcorn, corn, tomatoes, granola with dried fruit, or raisins

MEDICATIONS:

- **If you are currently on anticoagulation/antiplatelet therapy, review these instructions with your urologist.**
- **Start Flomax 0.4mg (tamsulosin):** 1 capsule by mouth every day for 30 days.

The Day Before Your Procedure

BOWEL PREPARATION:

- Mix the Bottle of Miralax with 64 ounces of clear liquid (**NO CARBONATED BEVERAGES**)
- **Starting by 9am**, Drink 8 ounces of Miralax solution every 30 minutes until all of the solution is gone. Cramps and diarrhea may occur, can take simethicone (Gas-X) if needed
- Continue a clear liquid diet only (no solid food), including a variety of the following: Clear power drinks, Clear fruit juices (Apple, cranberry, grape), Clear broths (chicken or beef bouillon), Jello (with nothing extra added), Popsicles, Clear pop (Ginger Ale, Sprite, etc.), Black coffee or tea (sugar added is okay, No MILK/CREAM/SOY, and Water.
- Administer *Fleet Enema* in the evening.

MEDICATIONS:

- Start your Antibiotic as prescribed by your urologist, and continue taking it daily until the catheter is removed (approximately 10 days).

ANESTHESIA PREP:

- **Nothing to eat or drink past midnight, unless otherwise advised by your anesthesia provider.**

Morning of Your Procedure

BOWEL PREPARATION:

- Administer a second *Fleet enema* before leaving Home/Hotel. Additional enemas may be necessary upon arrival at the surgical center.

MEDICATIONS AND ANESTHESIA PREP:

- Take your Antibiotics as prescribed by your urologist.
- Nothing else by mouth except prescribed medications and fluids, as discussed with the anesthesia provider.
- Bring all of your prescription medications in their original containers with you.

YOU WILL NEED A DRIVER:

- Family/friend/relative or licensed Medical Transport service (**NOT Uber, Lyft, taxi, etc.**)
- They can drop you off and pick you up if they prefer not to stay.