



Core Therm/ TUNA Pre-Op Instructions

You have been scheduled for a Core Therm/ TUNA procedure to treat your enlarged prostate. This is a non-surgical minimally invasive technique intended to relieve your urinary symptoms. This procedure will be done in the office. You will be given medication to relieve most of the discomfort you will feel, and therefore need someone to accompany you and to drive you to and from the office.

Before treatment you will get a local anesthetic injection around the prostate. During the procedure you may experience an uncomfortable sensation of heat and or a moderate to strong urge to urinate; inform us of this and we will decrease the sensation.

You will be left with a Foley catheter that will drain into a collection bag for 1-2 weeks after treatment, because the prostate will swell before it shrinks. There will be mild discomfort for the first 24 hours. Once the catheter is removed you may continue to have an urge to urinate often for a few more weeks during the healing time, it will not be unusual for small pieces of tissue or blood to be discharged in the urine.

If you have problems emptying your bladder or develop a fever after the catheter is removed you need to contact us. 336-716-4131

BEFORE THE PROCEDURE

You will be given three prescriptions for medication to take the day of the procedure; have them filled but DO NOT TAKE ANY OF THE THREE UNTIL YOU ARRIVE TO THE OFFICE. A clinical staff member will give them to you at the appropriate time. They will be an antibiotic, Valium 5mg and Vicodin. Please inform us of any allergies or if you take antibiotics before going to the dentist, heart problems or any artificial devices in your body.

Coumadin, Aspirin, Motrin and Vitamin E should be stopped 10 days prior to the procedure. If you are on any of these medications notify your Urologist for advice.

Decrease or eliminate alcohol, caffeine and tobacco 48 hours prior to the procedure.

THE DAY OF THE PROCEDURE

Eat a light meal, limit your fluids but don't eliminate them. Use a Fleet enema 2-3 hours before treatment. Don't forget to bring your medication to the office. The procedure will take 1-2 hours.