

Discharge Instructions Following Cooled ThermoTherapy™ Treatment

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 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. Do not engage in strenuous activity until the catheter is removed.*
4. You may take a shower. Avoid a bath until your catheter has been removed.
5. Take your medication as prescribed.

MEDICATIONS

Take the following medications as directed:

_____	_____
_____	_____
_____	_____

- When taking pain medications, you may experience dizziness or drowsiness. Do not drink alcohol or drive when you are taking these medications.
- If you are given an antibiotic to prevent urinary tract infection, it is important to finish all medications as directed.

*See instructions for Care of Catheter.

COMPLICATIONS

You should contact your physician, _____ at _____ if you experience any of the following:

1. Temperature above 101.5° (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.
6. Difficulty moving bowels.

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 Coudé (pronounced coo-day) tipped catheter. If you cannot reach your physician and need immediate attention, go to the hospital emergency room for treatment.

Date: _____

Time: _____

Location: _____

Cooled ThermoTherapy™ is available by prescription only. This therapy is not for everyone. Talk to your physician to see if Cooled ThermoTherapy is right for you. Most medical procedures may have side effects. Possible side effects for Cooled ThermoTherapy include blood in urine, clots in urine, painful or difficult urination, thickened bladder muscle, rectal irritation, temporary inability to control urination, brief inability to achieve or maintain an erection and the inability to discharge semen in orgasm thus should be considered by men who wish to have further offspring. A small risk of urethral stricture may result requiring further intervention. Patients may experience discomfort during the procedure that may require the use of analgesics or sedatives. Patients may be catheterized for a 2 to 5 day period following the treatment.¹ For more complete information about the benefits and risks associated with Cooled ThermoTherapy please refer to the Instructions for Use found on our website at www.cooledthermotherapy.com or call us at 1.800.475.1403.

¹Data taken from the CTC Advance® Instructions for Use, 250348 Rev B 12/08.