



Parkway Surgery Center

827 82nd Parkway / Myrtle, SC 29572 / Phone 843-286-2020 / Fax 843-286-2026

Rexum Discharge Instructions

Patient Instructions After Treatment

YOU SHOULD CONTACT YOUR DOCTOR IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR:

1. **Fever or Chills:** If your oral temperature is greater than or equal to 101°F, this may indicate that you have an infection that needs to be evaluated quickly. Call your treating doctor.
2. **Inability to Urinate:** This may indicate that swelling or blood clot is blocking the urinary passage. If not treated, this can become more and more painful. If you cannot urinate, do not drink any more fluids. Call your treating doctor.
3. **Severe or Uncontrollable Diarrhea:** This may indicate an infection or complication from the treatment. Call your treating doctor.
4. **Severe Pain:** While there may be some pain related to the procedure, it is usually not severe. If you are experiencing severe pain or any condition you think may be serious, call your doctor.

(CALL 911 IF TRUE EMERGENCY)

General Recommendations

1. Drink some extra fluids (water preferred) for the first few days following the procedure.
2. Take medication if prescribed by the Treating Doctor.
3. Limit your activities for at least the first day and be careful if you are taking any prescription medications that could affect you.
4. It is very important that you inform the Treating Doctor if you have any problems.

Common Treatment Related Symptoms

The following are common treatment related signs and symptoms that you may experience after the procedure. They may also occur following removal of the catheter.

1. **Blood in the Urine.** It is common to see some blood in the urine for 1 to 2 weeks. There may also be some small clots or particles in the urine. Limit any physical activities and drink some extra water to flush the bladder but you do not need to drink excessively or be alarmed. If you think the bleeding is excessive or you are having trouble urinating, call the number below.



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2. Painful Urination. It is common to have some pain or burning with urination for 1 to 2 weeks. It should gradually improve. If it persists or starts to worsen, call the number below.
3. Slow Urinary Stream. After the procedure, swelling of the prostate occurs which may or may not make the urinary stream weaker. This should gradually improve. If you are having a lot of difficulty trying to urinate or cannot urinate, call your doctor.
4. Urinary Urgency, Frequency or Leakage. You may experience a strong urge to urinate while the prostate heals. Sometime the urge is so strong that it is difficult to hold your urine and leakage occurs. If this occurs, it is usually only a small amount of leakage.
5. Urinary Symptoms. After the procedure, it is expected that your general urinary symptoms may temporarily worsen due to the treatment and then gradually improve.
6. Blood in the Semen. This may occur up to several weeks following the procedure. The semen may have red or a "rusty" color. This condition will almost always resolve without any treatment. You should not be alarmed.

Frequently Asked Questions

The following are general guidelines to follow after undergoing the procedure and/or having the catheter removed. Your Treating Doctor may override these recommendations. You should follow his/her instructions.

1. When can I resume normal physical activities?

You may resume your daily activities immediately. There are no specific limitations if you work out in a gym, but you should probably limit vigorous workouts such as bike riding, running, treadmills, and heavy weight lifting for the first week. If you experience any bleeding, limit your activities and increase your water intake.

2. When can I resume sexual activity?

In general, once you do not see any blood in the urine you may resume sexual activity. You may experience blood in the semen as described in the "Common Treatment Related Symptoms" section.

3. When can I resume my medications including blood thinners?

In general, you should continue with any of your regular medicines but check with the Treating Doctor particularly if you are a diabetic. You can usually resume any blood thinners the day after the procedure but check with your Treating Doctor.



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Rexum Discharge Instructions (cont.)

4. When can I go back to work?

In general you can return to work the following day. If you are taking pain medication (narcotics) or have a physical job (lifting, construction work etc), check with the Treating Doctor.

5. When can I have an alcoholic beverage?

You should not have any alcohol for 24 hours following the procedure. You should also follow the instructions regarding alcohol intake on the labels of your prescription medication. Alcohol should NOT be consumed while using any narcotic or most antibiotics.