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UroLift® Prostatic Urethral Lift

Pre-Procedure Instructions for Patients

ABOUT YOUR PROCEDURE

UroLift is a minimally invasive, in-office treatment for an enlarged prostate (BPH). Rather than cutting or heating tissue, your urologist places small permanent implants that hold the enlarged lobes of the prostate open and away from the urethra — like tiebacks holding a curtain open. This widens the channel so urine can flow more easily.

Because no tissue is destroyed, there is no healing-related swelling phase, and **most men do not need a catheter afterward**. Symptom relief typically begins within the first two weeks.

MEDICATIONS — FOLLOW YOUR PROVIDER'S INSTRUCTIONS

- **Antibiotic:** If prescribed, start it exactly as directed and finish the entire course.
- **Blood thinners (not blood pressure medicine):** If you take aspirin, warfarin (Coumadin), clopidogrel (Plavix), apixaban (Eliquis), rivaroxaban (Xarelto), NSAIDs, fish oil, or vitamin E, ask the provider who prescribes them whether it is safe to stop before the procedure. Do not stop any prescription medicine on your own.
- If you were given a medication to help you relax, take it as directed and bring a driver.
- Continue all other regular medications unless told otherwise.

THE DAY BEFORE

- Fill your prescriptions and start your antibiotic as directed.
- Arrange for someone to drive you home — required if you are taking a relaxing medication, helpful otherwise.
- Plan to take it easy for the rest of the day afterward.

THE DAY OF YOUR PROCEDURE

- Eat a light meal and drink fluids unless you are told otherwise.
- Take your medications as instructed by your provider.
- Wear loose, comfortable clothing.
- Bring your medication list, insurance information, and photo ID.
- You will be asked to empty your bladder when you arrive.

WHAT TO EXPECT

The urethra is numbed with lidocaine gel, and nitrous oxide (Pronox) may be offered to help you relax. Your urologist passes a small scope through the urethra and places the implants — usually four to six, depending on the size and shape of your prostate. Each implant takes under a minute to place. The treatment portion generally takes about 10 to 15 minutes.

You will urinate before leaving the office. In most cases no catheter is needed, though occasionally one is placed briefly if you have trouble emptying.

WHEN TO CALL THE OFFICE

Call 909.236.3333 before your procedure if you have signs of a urinary tract infection — burning with urination, fever, chills, or cloudy foul-smelling urine — or any other illness.

