

## Activity at home

- Resume taking your regular medicines unless your doctor tells you otherwise.
- Drink plenty of fluids.
- Return to your regular diet.
- For at least 2 days:
  - ✗ Do not do any heavy exercise or activity.
  - ✗ Do not lift, carry, push, or pull heavy objects.
- Avoid strenuous work for at least 1 week.

It is normal to have any of the following:

- small amounts of blood in the urine for 1 to 2 days
- mild nausea and vomiting
- mild pelvic pain and bladder spasms
- some burning when urinating for first 3 to 5 days (this is not an infection)
- urinating often
- mild fever 3 to 5 days afterwards

## When to get help

Contact your doctor or go to the nearest **Emergency Department** if any of the following happen:

- pain not controlled by pain medicine
- nausea and vomiting that doesn't go away
- numbness, coolness, or changes in colour of the arm or leg where catheter was put in
- fever above 38.5°C (101°F), aches, and chills
- bleeding from the incision site that does not stop after 15 minutes of putting pressure on it

## Follow-up Instructions/Appointment

- Make an appointment to see the doctor who sent you for this procedure.

## Locations

**Royal Columbian Hospital** 604-520-4640  
Medical Imaging, Columbia Tower  
330 E. Columbia Street, New Westminster

**UBC Hospital** 604-822-7076  
Medical Imaging, Main Floor  
2211 Westbrook Mall, Vancouver

**Vancouver General Hospital** 604-875-4111  
Interventional Radiology, Jim Pattison Pavilion Ext 68612  
Station 4, Ground Floor, 855 West 12<sup>th</sup> Avenue, Vancouver

## HealthLinkBC 8-1-1

Call any time you have any questions or concerns. HealthLinkBC is open 24 hours.

Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

[www.fraserhealth.ca](http://www.fraserhealth.ca) ♦ [www.vch.ca](http://www.vch.ca)

This information does not replace the advice given to you by your healthcare provider.

January 2021

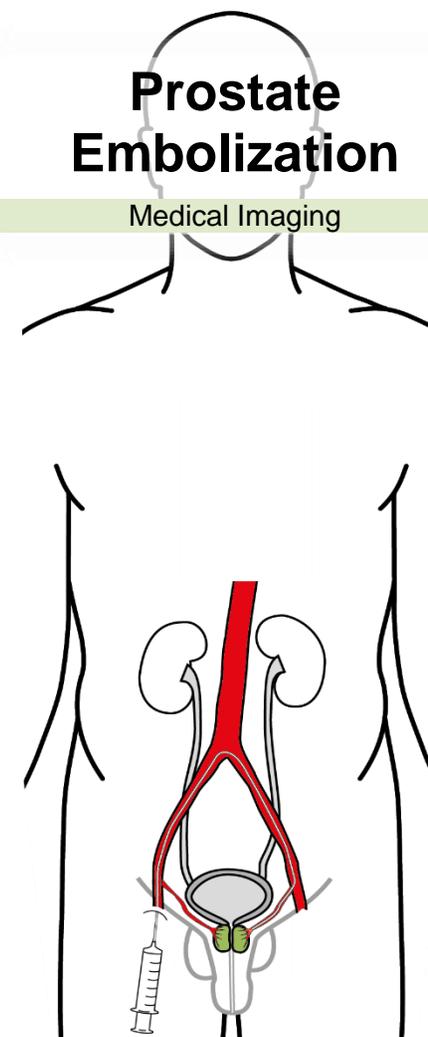
FH Catalogue #266821

VCH Catalogue #GD.300.P76



# Prostate Embolization

Medical Imaging



## What is Prostate Artery Embolization?

This is a procedure that closes off the blood supply to the prostate, causing it to shrink without having surgery.

For some men as they age, their prostate grows larger. The enlarged prostate can press on the urethra and block the flow of urine. This procedure can reduce urinary frequency, urgency, dribbling, and pain that happens with an enlarged prostate.

## Who does the procedure?

An interventional radiologist does the procedure (a doctor who specializes in image-guided procedures using x-ray and fluoroscopy).

If you have any questions about the procedure, you can ask the radiologist before your procedure.

## Can I bring a relative/friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for safety reasons they cannot be in the room with you during the procedure.

**You must arrange for a responsible adult to drive or escort you home after this procedure and stay with you overnight.**

## How long will it take?

Plan to stay in the hospital overnight. Bring only those items you will need for the night, including your medicines. The procedure itself usually takes 1 to 3 hours.

Prostate Embolization

## What happens before the procedure?

Our Medical Imaging Department contacts you or your doctor's office with specific instructions on how to prepare for this procedure.

## What happens during the procedure?

We start an intravenous in one of your arms. This allows us to give you antibiotics and medicines to help you relax (sedation) or to treat any pain or nausea.

You lie on your back on the x-ray table.

We might put a urinary catheter in place to empty your bladder for the procedure.

The radiologist:

- Cleans the wrist or groin area with antiseptic.
- Injects numbing medicine to freeze the skin (similar to dental freezing).
- Makes a small incision in the skin (the insertion site).
- Guides a tiny, flexible tube (intravenous catheter) into position near the prostate.
- Injects small particles through the tube to block the blood supply to the prostate.
- Removes the tube and places a closure device (groin site) or a pressure band (wrist site) to stop any bleeding.

## Will it hurt?

It might sting or burn as the radiologist injects the numbing medicine into your skin. You might feel some pain or discomfort during the procedure. The pain and relaxing medicine help with this.

## What happens after the procedure?

We move you to the recovery area where a nurse checks you and the insertion site regularly. You stay in the recovery area for 2 to 6 hours. How long stay here depends on whether we used a wrist or groin site and the extent of embolization needed. We then move you to a nursing unit for the night.

## Are there any risks or complications?

There is a chance of infection any time the skin is pierced or cut.

Unexpected complications can include:

- nausea (feeling sick to the stomach), vomiting (throwing up), or fever
- bleeding or blood clot at the incision site or in the urine, semen, or stool (poop)
- pain when urinating (going pee) or going often
- pain in the lower pelvic area
- bladder spasms
- allergic reaction to x-ray dye

## How do I take care of myself at home?

### Insertion site care

- Take the bandage off the day after the procedure. Remove the closure or pressure device as well. If you notice brown material on the skin, do not pick off.
- Wash gently around the area.
- After you remove the bandage, you can shower.
- **Do not** take a bath or soak in a tub for at least 3 days.

over...