

Tennyson Centre

Suite 19
520 South Road
Kurralta Park SA 5037
P 08 8292 2399
F 08 8292 2388
admin@urologicalsolutions.com.au

Darwin Urology

Darwin Private Hospital
Suite 5
Rocklands Drive
Tiwi NT 0810
P 08 8920 6212
F 08 8920 6213
admin@darwinurology.com.au
www.urologicalsolutions.com.au

CYSTOSCOPY & PROSTATIC URETHRAL LIFT (UROLIFT)

Providing Specialist Care in South Australia & Northern Territory

Associates:

Dr Kym Horsell Dr Kim Pese Dr Michael Chong Dr Jason Lee Dr Alex Jay Dr Matthew Hong Dr Sophie Plagakis



What is a Urolift?

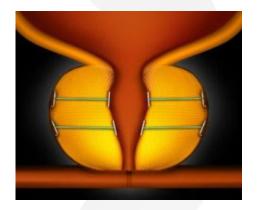
The Urolift System treatment is a minimally invasive approach to treating an enlarged prostate, or BPH, that lifts or holds the enlarged prostate tissue out of the way so it no longer blocks the urethra.

A cystoscopy is performed. This is a procedure where a telescope is used to inspect the urethra (water-pipe), the prostate (in men), and the bladder. A very clear and magnified view can be achieved.

The surgeon then places small permanent tissue retractors into the prostate, holding the enlarged tissue back to relieve urethral pressure and allow urine to flow easier.

The benefits of this surgery is that there is no cutting, heating or removal of prostate tissue. Sexual function is preserved and it does not cause any permanent urinary incontinence.

Either a general anaesthetic or a spinal anaesthetic can be used. It may be a day procedure or possibly an overnight stay. A catheter may be inserted to aid bladder drainage and comfort after the procedure.



Preparing for your procedure

We will provide you with instructions regarding all aspects of preparing for your operation.

- Pre-operative blood and urine tests
- Details of admission to hospital
- Information regarding fasting and medications

Complications

This is generally a very safe procedure with a low risk of complications.

- The chance of infection is <5%
- Significant bleeding requiring readmission to hospital or blood transfusion is <5%
- The chance of an injury or perforation of the bladder is <1%

What to expect afterwards

You are usually able to eat and drink what you like after the surgery. You will be encouraged to maintain a good fluid intake. Pain relief is always available, however, it is not usual to have significant pain after this procedure. You will most likely experience irritation and have a frequent need to urinate afterwards. There will most likely be some blood in the urine which should settle within a few days.

If you have a catheter, it will be attached to a bag which drains urine from the bladder. The catheter will usually be removed the following day. A combination of the surgery and the catheter can cause bladder irritation and sometimes bladder spasm. After removal of the catheter, there will most likely still be some blood in the urine. Once we can see that you are passing urine satisfactorily then you are able to go home. You will be given pain relief if required and antibiotics if necessary to take home with you.



After discharge from hospital

You should drink extra fluid over the first week or two after surgery. Drinking 1500-2000mL per day is usually satisfactory. Do not drink excessively. Aim to keep your urine a pale yellow or straw colour. If you find your urinary symptoms are not improving or become worse, then you could have an infection. Either contact our office or see your GP to organise a urine test and prescribing of antibiotics.

If you do notice blood in the urine, then drink extra water to dilute the urine. Occasionally there is more excessive bleeding, and large clots in the urine that make it difficult to pass. If this occurs, please contact our office, your GP, or present to a hospital emergency department for assessment. You should be able to recommence most of your usual activities shortly after surgery. Please avoid heavy lifting or straining until bleeding settles.

Driving

You should not drive for at least 3-4 days after having the operation (or as instructed by your Urologist)

Patients who are travelling outside the metropolitan area are required to check when they are able to travel, and will be required to stay in the metropolitan area for 24 hours. (or as instructed by your Urologist)

Emergency Contacts

In the event of an emergency, call our office within business hours and speak to our Practice Nurse. If out of hours, please call our answering service or present to your nearest emergency department.

Ashford Hospital

Ashiord Hospital		
55 Anzac Highway, Ashford SA 5035	8375 5205	Until 10:00 PM

Flinders Medical Centre (access to Flinders Private Hospital)

Flinders Drive, Bedford Park SA 5042 8204 5511 24 Hours

Calvary Adelaide Hospital

120 Angas Street, Adelaide SA 5000 8227 7027 24 Hours

Royal Darwin Hospital

Rocklands Drive, Tiwi NT 0810 8922 8888 24 Hours

Follow up

You will have a post operative review at 4 weeks in the consulting rooms with a flow test on the day. This is to determine the success of the prosthesis and ensure your urine flow is satisfactory. If you have any concerns after your procedure, then please contact us at Urological Solutions.

^{*}For patients outside the Metropolitan area, please present to your nearest hospital emergency department.