

Preparing for your Gold Seed or Space OAR Procedure

How do I prepare for my Gold Seed and/or Space OAR procedures?

- 7 days before and 7 days after the procedure stop taking these medications:
 - Advil
 - Aleve
 - Aspirin
 - Celebrex
 - Anaprox
 - Anacin
 - Ascriptin
 - Bufferin
 - Excedrin
 - Ecotrin
 - Motrin
 - Naprosyn
 - Nuprin
 - Herbal Supplements
 - Vitamin E
 - Plavix
 - Aggrenox
 - Fish oil
- You must have medical clearance from your doctor if you take Coumadin, Plavix, Aggrenox, fish oil or other blood thinners. Your doctor **must provide this medical clearance before your procedure.**
- Take medications not listed above as prescribed.
- Start taking your antibiotic 1 day before as prescribed.
- Have a bowel movement either the night before or the morning of the procedure. Do an enema if you are unable to have a bowel movement, have a history of constipation or are currently constipated. To view instructions for doing an enema visit <http://careguides.med.umich.edu> and type “tap water enema” into the search box.
- You **must** bring a driver with you and they **must** be present during the procedure.
- When you arrive, we will take a urine sample.

What are my restrictions after the procedure?

- Before you are discharged home, you will need to drink fluids and provide a urine sample.
- You will receive verbal and written instructions before you leave clinic.

- Do not do any activities that require your body to work hard. This includes jogging, golf, weight lifting, or significant aerobic exercising for 7 days.
- Drink plenty of fluids, this prevents blood clots and the possibility of a bladder infection.

What can I expect after the procedure?

- You may feel a burning sensation when you urinate – this is normal and is usually present for the first 24 hours. It may last up to 3 days.
- You may be urinating frequently – this should gradually improve over the first 24 to 36 hours.
- You may have blood in your urine – It is normal to have slightly red-tinged urine (it may be rose or red wine colored). This can last 12 hours to 3 weeks.
- You may have blood in your stool – You might notice it on toilet paper or there may be some bloody streaking of the stool. This may last for up to 5 days.
- You may have blood in your semen – This may persist for up to 6 weeks.

When should I call the clinic?

Call the clinic or the Urology resident after hours (734) 936-6267 if you experience any of the following:

- You are urinating frequently and it doesn't go away, or you have a burning sensation or difficulty emptying your bladder
- A fever over 101 degrees Fahrenheit
- Urine that is cherry red or has clots.
- Anal bleeding that is heavy (blood clots or bloody bowel movements) or doesn't go away (lasts more than 7 days)

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