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)