

Prostate Artery Embolization

Information for patients with an enlarged prostate, their families and caregivers

Read this booklet to learn:

- What prostate artery embolization is
- How to prepare
- What to expect during and after
- Who to contact with any questions

Your Prostate Artery Embolization has been scheduled for:

Date: _____

Arrival time: _____

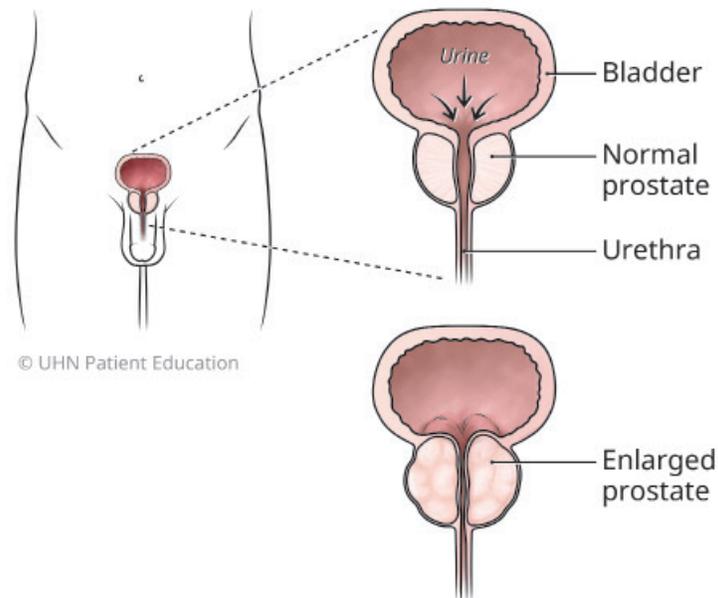
Doctor: _____

Medical Imaging Reception
Toronto Western Hospital
399 Bathurst Street, Toronto, Ontario M5T 2S8
East Elevator – 3rd Floor



What is prostate artery embolization?

Prostate artery embolization is a way of shrinking an enlarged prostate without having surgery. In some people the prostate grows bigger. It can press on the urethra and block the flow of urine.



A specially trained doctor called an Interventional Radiologist will inject small particles through the blood stream and block the blood flowing to the arteries (large blood vessels) of the prostate. This causes the prostate to shrink and the urine to flow more easily.

How do I prepare for the procedure?

- Have your blood work done within 30 days before the procedure. If you are taking certain medications or you have liver disease, you may be need to repeat the blood tests 1 day before the procedure.
- Stop taking blood thinners before the procedure. Ask the doctor who prescribed the blood thinners how to stop and restart the medicine safely.
- Do not eat or drink anything **after midnight** the night before your procedure. If you need to take medicine, take it with as little water as possible.

- Arrange for a responsible adult to drive you home after the procedure. **Your procedure may be cancelled if you don't arrange to have another adult to accompany you when you are ready to leave the hospital.**
- On the day of the procedure, remember to bring:
 - ✓ your health card (OHIP)
 - ✓ a second piece of photo ID
 - ✓ all the prescription medications you are taking or a complete medication list

Arrive 1 hour before your procedure. We use this time to help you prepare for the procedure.

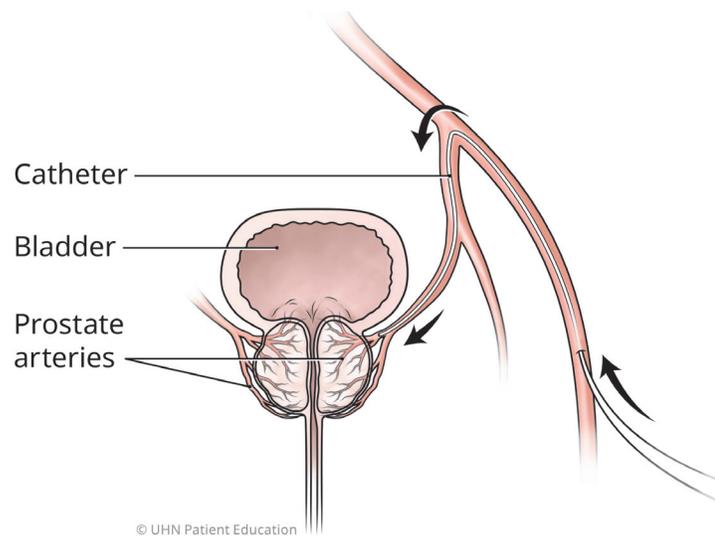
After you check in we will:

- ask you to change into a hospital gown
- ask you questions about your health and medical history
- ask you to read and sign a consent form saying that you understand the risks and you agree to have the procedure
- put a needle into a vein in your arm so that we can give you fluids and medication to help you relax during the procedure

What can I expect during the procedure?

1. There will be a nurse, radiation technologist and radiologist in the room during the procedure.
2. The nurse gives you medications (sedation) to calm and relax you, and manage any pain you may have. Once sedated, a Foley catheter is placed in your bladder. It is removed at the end of the procedure.

3. The radiologist freezes the skin around either the wrist or the groin, then inserts a needle into the artery. This allows the radiologist to move a fine tube (called a catheter) into the artery of the prostate. The radiologist uses x-ray guided equipment to make sure the tube is in the right position.



4. Tiny particles are injected into the arteries. The particles block the blood from flowing to the prostate causing the prostate to shrink.
5. At the end of the treatment, the radiologist removes the catheter and puts pressure on your artery to prevent bleeding.
6. You are transferred to the recovery area where nurses will closely check on you for the next 2 to 4 hours. Most patients are able to go home the same day.

What should I expect after the procedure?

You can eat and drink your usual meals and restart all your medications.

It is normal to:

- have a small amount of blood in your urine for 1 to 2 days
- feel burning when you urinate for the first 3 to 5 days (this is not an infection)
- urinate (pee) more frequently
- have a mild fever 3 to 5 days after the procedure
- feel tired for 1 week
 - rest on the first day. Depending on how quickly you recover, you can go back to work or do your usual activities.
- have mild nausea and vomiting
- have mild pelvic pain and bladder spasms
- have small bruising at the puncture site

Because you have been given sedation:

- Do not drive or handle heavy machinery for 24 hours.
- Do not make financial or legal decisions.
- Do not drink alcohol for 24 hours.

For questions about how to care for your puncture site, refer to the pamphlet your nurse gave to you. Or, search “Health Information” at www.uhnpatienteducation.ca.

What problems should I look for?



If you have any of the problems below, call your doctor or go to the Toronto Western Hospital (TWH) emergency department right away. If you are too far from TWH, go to your nearest emergency department.

- Have a lot of blood in your urine
- Are not able to urinate (pee)
- Have bleeding from the anus or bloody diarrhea
- Feel pain in your anus or penis
- You have a fever above 38 °C (101 °F)
- **Have bleeding, swelling, redness or pus at the puncture site**

What about follow-up visits?

You can expect a letter in the mail with information about a follow-up visit with the radiologist 3 months after the procedure.

The urologist’s office will arrange for more follow-up visits with you.

Who can I call if I have any questions?

If you have any medical questions or any concerns, please call:

Clinical Nurse Coordinator

Phone: 416 603 5800 extension 6301

For clinical appointment booking or rescheduling, please call:

VIR Administrative Assistant

Phone: 416 586 4800 extension 4666

Fax: 416 586 8695

Important: If you have medical concerns that cannot wait until regular business hours and you are not sure if you should go the Emergency Department, call the Interventional Radiologist fellow on call at 416 603 5800 extension 3155.

Interventional Radiologist

Dr. G. Annamalai

Email: ganesan.annamalai@uhn.ca



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