



Transurethral Needle Ablation Therapy (T.U.N.A.) Instructions

If you develop symptoms of fever, cold, or sore throat before your treatment, please notify your physician.

Start your antibiotic the day before your procedure, as directed on bottle.

Take one Fleet Enema three to four (3-4) hours before you leave for the procedure. This is available at any pharmacy. Please follow the instructions on the package.

Fasting will be required. Please do not eat or drink anything after midnight. Please follow instructions given by your anesthesiologist.

Do not ingest any alcohol for 24 hours before your treatment.

Do not take any aspirin or blood thinning products (including Ibuprofen, Advil, Motrin, Aleve, Orudis, Naprosyn, etc.) 10 to 14 days prior to treatment. Be sure to check with your physician for instructions regarding any prescription medications you are taking. If you are taking any anticoagulant medications such as Plavix or Coumadin, please contact the physician who prescribed it to you for instructions.

Please do not bring money or valuables with you. Wear loose-fitting clothes (no panty hose, tight jeans, girdles, etc.)

Please report on time on the date and time given to you. If you arrive late, your appointment may be rescheduled.

Make arrangements for a family member or friend to accompany you while you're here, and to drive you home. **YOU WILL NOT BE ALLOWED TO DRIVE.**

For most procedures, plan to stay approximately 1 to 1 1/2 hours.

Please do not bring more than two (2) people with you.

Limited activity is required for a minimum of 48 hours after the procedure, and possibly longer.

Call your medical physician's office and make an appointment with him or her to obtain the necessary clearance for anesthesia if this is required.

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This procedure is done under anesthesia, and you will need to have testing done prior to the procedure. These tests include: Blood work (CBC, Comprehensive Metabolic) and an EKG (if you are over 40). These need to be done one to two weeks prior to the procedure.

If you have any questions, please call the office at 845.452.8730.