



Post-Procedure Instructions

Congratulations, you have taken the step to improve your quality of life!

The AdVance® Male Sling is a proven, reliable treatment for male urinary incontinence. To ensure continued success with this treatment please carefully review and follow these simple recommendations.

You will need to follow these very important instructions for at least 6 weeks:

1. No lifting anything greater than 10 -- 15 lbs (e.g. gallon of milk).
2. No bending, squatting, climbing (e.g. stepping up into high vehicles), extreme leg spreads, biking, jogging.
3. No sexual activity.
4. No baths or hot tubs for 2 weeks, however you may shower 24 hours after your procedure.

Additional expectations after your procedure:

1. Your urologist may prescribe a stool softener, pain medication, and antibiotic for you after your procedure.
2. It is not uncommon to experience some pain at surgical site controllable with pain medication prescribed by your urologist.
3. Post-operative pain should resolve within 2 - 4 weeks. If pain persists greater than 4 weeks, please contact your urologist.
4. If you are unable to urinate the day after surgery, you may need an indwelling catheter for a short time. It is not uncommon for your urine stream to be slightly decreased after surgery, this will usually resolve.

BCG for Bladder

Other names: Bacille Calmette-Guerin, ImmuCyst® BCG Therapeutic, BCG-Cancer®

- **BCG** is a drug that is used to treat bladder cancer by increasing your body's natural defenses. BCG comes from live bacteria (germs) similar to TB (tuberculosis). It is a cloudy liquid that is given through a small tube into your bladder.
- **Do not drink liquids** for 2 hours before your treatment so your bladder will be empty.
- Your doctor or nurse inserts a **catheter** (small tube) into your bladder and drains out any urine. The BCG is given into your bladder by **attaching** a syringe to the catheter. The amount given is 50 mL (less than 2 ounces). The catheter is then removed.
- You will be asked to **hold** the BCG in your bladder for **2 hours** after each treatment. At home, spend 1 of the 2 hours lying in bed. Lay on your back for 15 minutes, then on your side for 15 minutes, then on your stomach for 15 minutes and then on your other side for 15 minutes. This makes sure that the BCG completely covers the inside of your bladder.
- **Drink** lots of liquids for at least 6 hours after you first empty your bladder. Empty your bladder frequently. This helps prevent bladder problems.
- **Sit down** when you pass urine (for at least 8 hours after your treatment). Flush the toilet twice. Wash your hands well with soap and warm water. Wash clothes, bedding and toilet articles which have touched your urine in hot soapy water preferably with bleach.
- Some other drugs such as prednisone (Deltasone®) or dexamethasone (Decadron®, Dexasone®, Hexadrol®) may **interact** with BCG. Tell your doctor if you are taking these or any other drugs as your dose may need to be changed. Check with your doctor or pharmacist before you start taking any new drugs.
- BCG often causes a **positive skin test** for TB (tuberculosis). This does not mean that you have had TB.
- The **drinking of alcohol** (in small amounts) will not affect the safety or usefulness of BCG.
- The effect of BCG on sperm or on the baby during pregnancy is not known. It is best to **use birth control** while being treated with BCG. Tell your doctor right away if you or your partner becomes pregnant. **Do not breast feed** during treatment.
- **Tell** doctors or dentists that you are being treated with BCG before you receive any treatment from them.

SIDE EFFECTS	MANAGEMENT
A flu-like illness may occur a few hours after your treatment. You may have a fever, headache, muscle aches and joint aches.	<ul style="list-style-type: none"> • This is a normal and expected reaction. • Go to bed and rest. • Drink plenty of fluids. • Take acetaminophen (eg, Tylenol®) for fever and pain.
BCG can irritate your bladder. You may notice frequent or painful urination, urination at night and some blood or tissue in your urine.	If severe, your next treatment may be decreased or delayed.

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **allergic reaction** (rare) soon after a treatment including difficulty breathing, shortness of breath, wheezing; rash over the whole body or swelling of the face.
- Signs of a **BCG infection** such as a cough, high fever or fever which lasts for more than a day, or severe fatigue.

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of liver problems such as yellow eyes or skin, white or clay-coloured stools.
- Fever with chills, headache, muscle and joint aches that do not go away with acetaminophen or that last longer than 2-3 days.
- Severe pain or frequency when passing urine.

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR.