

Patient Information

Long-term BPH symptom relief without surgery

This information booklet describes more about the CoreTherm Care Process and explains what to expect before, during and after CoreTherm treatment. Because each person is unique and everyone is experiencing different symptoms, your urologist will adapt the CoreTherm treatment to your particular situation.

CoreTherm is an evidence-based outpatient treatment for BPH that provides effective long-term symptom relief. CoreTherm's unique CoreBloc technology and patented feedback system allows physicians to precisely target treatment to the your needs and rapidly speed up the treatment process, providing outcomes equivalent to surgical alternatives.

The information below describes the typical patient experience based on several clinical studies.

Preparing for the treatment

You will be asked to lie down on a treatment bed in a private room. Make sure you are comfortable. The treatment area will be washed with an antibacterial solution and an anesthetic gel will be applied to the tip of your penis and into the urethra. This anesthetic will help numb the area to reduce discomfort when the treatment catheter is inserted. A soft, flexible drainage catheter will be gently inserted into your urethra to empty your bladder before the procedure begins.

A special temperature monitoring device will be inserted into your rectum and a soft band, which also measures temperature, will be placed around the base of the penis. A treatment catheter containing a temperature monitoring device and the thermotherapy device will be inserted into your urethra. While this may be slightly uncomfortable, it should not be painful.

These devices help your doctor and the assisting technician perform your procedure safely.

It is important to inform the medical staff if you have adverse reactions to dental anesthesia.

During the Treatment

[The treatment takes 6-15 minutes on average.](#)

During the treatment, the doctor will be monitoring eight safety sensors that are measuring temperatures in the prostate, inside the rectum and around the penis to

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ensure that the treatment is safely and effectively done. A slight heat sensation normally occurs and near the end of the treatment, you may feel the intense urge to urinate even though your bladder is empty. This sensation should not be painful and will decrease. If you are experiencing pain, it is important to tell your doctor.

The doctor can adjust the heat and stop the treatment depending on your individual needs.

After the treatment, the catheter is taken out. The tissue around the prostate will normally swell in response to the treatment.

Your doctor will place a soft catheter into your bladder to drain your urine until the swelling subsides. You may need to keep this catheter in for approximately one to three weeks.

Your doctor will determine when to remove the catheter as each person's recovery is unique. You will be instructed on how to care for catheter and empty the drainage bag.

After the treatment

You can usually go home shortly after the procedure. Plan to rest and take it easy for a few days. Avoid heavy lifting and excessive or strenuous physical activity.

The urethra and prostate will swell after the procedure, which requires time to heal. You may experience minor discomfort from the catheter and the swelling, especially during the first 24 hours. After a few days, the irritation and discomfort should disappear.

Your doctor may prescribe medications to relieve the pain and to help prevent infection. You should take the medication as directed and finish all your antibiotics.

After the procedure, you may experience the urge to urinate frequently. This is normal and will gradually disappear. Please be extra careful with genital hygiene after the procedure to reduce the risk of infection. Do not disconnect the catheter from the drainage bag unless instructed to do so by your doctor. You may notice a small amount of blood in your urine after the procedure. This is completely normal and harmless. It will go away as you begin to heal. Your doctor will monitor your progress as you continue to heal and recover over time.

Your Return Visit

You will need to follow up with your doctor at the office to have your catheter removed. This appointment will be determined by your doctor depending on the procedure, how much the swelling has gone down and how quickly your body heals.

Remember, you may not notice an immediate improvement when the catheter is removed. The full benefit will become apparent over the weeks and months that follow.

Most men experience significant improvement within one to three months and this improvement tends to be gradually noticed with each passing. So, start looking forward to a better quality of life.