

# UNUROLOGY ASSOCIATES, P.C.

## INDIGO LASER PROCEDURE

### PRIOR TO PROCEDURE

1. Take all your daily medications, except any of the following for a week prior to the procedure: ASPIRIN, ADVIL OR ALEVE AND/OR anti-coagulant therapy such as: PERSANTINE, COUMADIN, HEPARIN or PLAVIX or natural herbs (for example) Vitamin E, ginkgo biloba or St. John's Wart. It must be stopped one week prior to the procedure.
2. Reduce the amount of alcoholic and caffeinated beverages and tobacco products 48 hours prior to the procedure.
3. The day before the Laser procedure, start the antibiotics prescribed to you by your doctor.
4. Limit your intake of fluids the day of the procedure, and have a light breakfast.
5. Wear comfortable or loose fitting clothing the day of the procedure.
6. Please make arrangements for transportation to and from the procedure. You MUST have someone with you.

### AFTER THE PROCEDURE

1. After the procedure continue taking your antibiotic as directed.
2. Drink plenty of fluids:
  - a. Avoid alcoholic and caffeinated beverages.
3. Your bladder will be emptied with the help of a catheter for the next few days.
  - a. Your urine may be pink in color. (if so, increase fluids).
  - b. You may feel some discomfort in your abdomen.
4. Tylenol is permitted for the discomfort.  
DO NOT TAKE ASPIRIN, ADVIL OR ALEVE.
5. Avoid strenuous activity while the catheter is in place.
6. If you develop any unusual symptoms, severe bleeding, and/or high fever (above 101°), PLEASE CONTACT OUR OFFICE IMMEDIATELY.

## DIRECTIONS FOR TAKING LEVAQUIN

Take the Levaquin as follows:

- 1 tablet the day before the procedure.
- 1 tablet the day of the procedure.
- 1 tablet the day after the procedure.
- Tablets should be taken in the morning.
- No milk products may be taken one hour prior to taking the tablet.
- No milk products may be taken one hour after taking the tablet.
- **DO NOT** take any anti-inflammatory medication, antacids, or vitamins while taking Levquin.
- **AVOID DIRECT SUNLIGHT** FOR LONG PERIODS. Exposure to direct Sunlight may cause a severe rash.