

PATIENT CARE SERVICES

GreenLight™ Laser (GLL) Patient Information Sheet

What is GreenLight™ Laser therapy of the prostate?

GreenLight™ Laser therapy of the prostate is a surgery that involves placing a cystoscope (a tube-like camera that is used to inspect the bladder) into the opening at the end of the penis (urethra). The laser is used to remove tissue of the prostate, making a wider opening for urine to flow more freely. This surgery is done with a laser. There is no incision made.

Who needs this operation?

GreenLight™ Laser therapy is for men with enlarged prostates. This surgery treats Benign Prostatic Hyperplasia (BPH), a common condition in men. Men with this condition have a large prostate that does not let urine flow freely. As the condition gets worse the urethra is put under pressure causing a narrowing.

You may experience some of the following symptoms of BPH:

- more frequent urination
- a sensation of not emptying your bladder
- a weaker urinary stream

If any of these symptoms become severe, the urethra may become completely blocked.

What happens during surgery?

You will be put under a spinal or general anaesthetic (as previously discussed with your Surgeon) for the surgery. The surgery takes 1-2 hours depending on the size of your prostate. The bigger the prostate is, the longer the surgery. A tube with a camera on the end (cystoscope) is put into the opening of the penis (urethra) and reaches the prostate. This camera lets your Surgeon access the prostate and zap/laser the tissue until the blockage is gone.



What are the side effects of the procedure?

After the surgery you may experience some of the following symptoms:

- a greater urge to urinate
- more frequent urination
- blood in the urine is common
- expect a burning sensation for the first few weeks when you urinate

To minimize these side effects drink plenty of fluids.

SIDE EFFECTS REQUIRING IMMEDIATE ATTENTION: If you experience any of these side effects: please go to your nearest Emergency Department.

- unable to urinate-you might need to have a catheter inserted
- a fever
- increasing pelvic pain or genital pain
- heavy bleeding that concerns you

Benefits of GLL

GreenLight™ Laser surgery is associated with:

- earlier discharge from Hospital
- faster recovery
- less bleeding during the procedure
- shorter catheterization time
- less risk of erectile dysfunction

Risks associated with GLL

This surgery requires patients to have a general or spinal anaesthetic. There are risks associated with the surgery and the anaesthetic. These will be discussed before your surgery with your Surgeon.

When will I go home?

Patients are usually able to go home the day of the surgery. Some patients may need to stay overnight. It is important to have someone to pick you up after you have recovered from the surgery and your Surgeon says that you are safe to go home.

Do I need a catheter? If so, how long does it stay in?

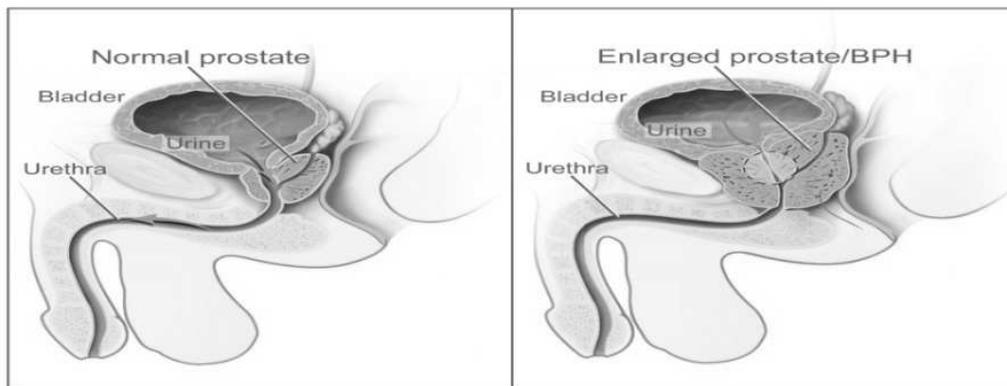
Patients require a catheter to be placed into the opening of the penis to empty the bladder. If you go home with a catheter in place, the nursing staff will give you instructions on how to care for the catheter and when the catheter is to be removed.

When can I resume normal activity?

It is important that after the surgery you rest for 1-2 weeks to allow your body to heal. Sexual activity must be avoided for at least 2 weeks. Long car rides should be avoided for two weeks. No heavy lifting for 3-4 weeks. Follow these guidelines even if you recover quickly.

What happens once I am home?

Once you are home you may resume your normal diet. If you are experiencing mild nausea, it is suggested you start with a light meal and fluids first. Your Surgeon will schedule your follow up appointment. If you do not hear from the Surgeon's office, please call your Surgeon's office and speak with the secretary.



FREQUENTLY ASKED QUESTIONS:

1. How long will the benefits of surgery last?

Some studies suggest that the benefits of surgery last for approximately 5 years. However each individual responds differently.

2. Do I have to stop taking my blood thinners before surgery?

Speak with your Surgeon.

3. What medications can I expect to take post operatively?

Your Doctor will advise you what you can take for pain post operatively. Typical medications include non-steroidal anti-inflammatory drugs, and over-the-counter pain relievers as needed. Your Surgeon might prescribe antibiotics if he feels that this is necessary.

4. Will I be awake during the procedure?

Depends on whether you receive a spinal or a general anaesthetic.

5. Is Benign Prostatic Hyperplasia (BPH) cancer?

No, it is not cancer. BPH is a benign enlargement of the prostate gland.

6. How soon will I see results?

Relief of symptoms should occur within a few days to a few weeks.

RESOURCES:

NOTES:
