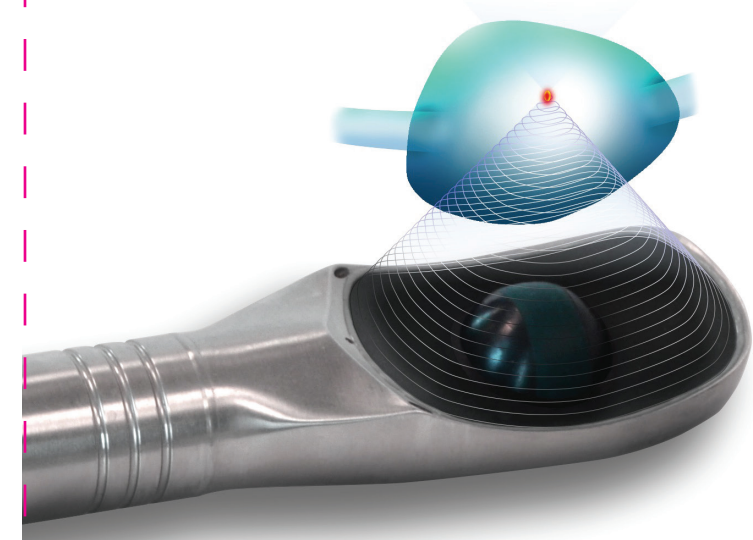


## Frequently asked questions

- Q. How long does the procedure take?
- A. Between 1-2 hours.
- Q. How long should it take me to recover from the procedure? When will I be able to resume normal activity?
- A. The expected post-operative recovery time is 1-2 weeks. You should avoid all strenuous activity for the 6 weeks and lift no more than 5-10 lbs.
- Q. Do I need to stay overnight for this operation?
- A. Most patients will be able to go home 3-4 hours after the procedure, given there is someone to drive them home and stay overnight. Occasionally, patients will need to stay overnight if the medical team deems that safest.
- Q. Will I need additional treatment for my prostate cancer?
- A. We expect 1 in 4 men to need a second focal therapy within 5 years, about 1 in 20 men will need radical treatment. If further HIFU treatment is not possible, other treatments such as surgery, radiotherapy, cryotherapy, or hormone therapy may be considered.

## Notes



## High intensity focused ultrasound

For prostate cancer

## What is HIFU?

HIFU, or high intensity focused ultrasound, is a treatment and sometimes cure for prostate cancer. It uses sound waves to heat and destroy cancerous tissue in the prostate gland. An ultrasound beam heats small amounts of tissue, causing tissue destruction only to the targeted area. It is a minimally invasive procedure without cuts or needles. Clinically insignificant cancer areas, or cancer that has a very low risk of progression, may be left behind. Patients with localized prostate cancer (cancer that has not spread outside of the prostate) may be good candidates for HIFU.

## Before your procedure

- The morning of your procedure, you will be given an enema to clear your rectum for clearer ultrasound pictures during HIFU treatment.
- The Weiner Center for pre-op care will coordinate a pre-op virtual or in-person visit 7-14 days prior to your surgery to: (1) review your medical history, allergies, and medications, (2) instruct you on what medications you should continue to take, or hold prior to surgery, (3) determine if you need to meet with an anesthesiologist prior to your procedure, (4) coordinate pre-operative labs (5) instruct you on what time to arrive prior to your procedure, and (6) when to stop eating and drinking prior to your procedure.
- You will need a urine culture a week prior to the procedure as well as a COVID test.
- Make sure you plan for a family member or friend to drive you home after the procedure.

## What to expect

The procedure will take between 1-2 hours. On the day of your procedure, you will be assessed by your Anesthesiology and intra-operative teams before reviewing your procedure site and indication and signing a surgical consent. You will then be transported to the operating room, where your anesthesiologist will put you under general anesthesia so you cannot feel anything. Once asleep, a urinary catheter (tube that drains urine) is placed in the bladder through the water passage in your penis. The HIFU probe is then inserted into your rectum and directed towards the prostate area so the ultrasound waves can target the prostate gland. After the procedure has been completed, you will be transferred to the Post Anesthesia Care Unit for observation.

## After your procedure

- You will be discharged after you are fully awake and have had something to eat and drink. Most men are able to go home 3-4 hours after their procedure. It typically takes 1-2 weeks to recover from HIFU treatment.
- You will have an appointment for catheter removal 1 week after your procedure, we may also recommend an MRI 1-2 weeks after.
- You will be given antibiotics to take for 3-5 days to reduce the risk of infection from the procedure and the catheter, and may be given medication to relax the prostate.
- An appointment will be scheduled 5-7 days after your procedure to have the catheter removed. Most people return to work after the catheter removal.
- Every 3 months for the first year after HIFU, you will need a PSA test and a checkup with your medical team.

## Post procedure symptoms

These symptoms are **normal** after your procedure:

- Rectum discomfort, which can be eased with mild painkillers (ibuprofen or acetaminophen)
- Swelling, tingling, or numbness around the penis or scrotum.
- Blood in the urine, semen, and from the back cavity (rectum) .
- Fatigue, normally due to the anesthetic.

### Other symptoms and risks:

- Erectile dysfunction: 2 in 3 men with good erections before the procedure will keep them after. 1 in 3 men will need tablets to help.
- Urinary symptoms: 1% of men may experience urine incontinence (urine leakage) or shedding of tissue in the urethra (tube that transports urine from the bladder to the penis), which may make urination difficult or painful. If you have had treatment (such as radiotherapy) before HIFU, it might take longer to start passing urine normally.
- Urinary fistula: Very rarely (1 in 500) men will develop a connection between the urethra and the rectum which may require surgery to repair.