

Center For Urology
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CONDITION:

Prostatitis

DISCHARGE INSTRUCTIONS:

- 1) Drink plenty of fluids (water, juices, etc.).
- 2) No strenuous activity for 4 – 5 days.
ie. = no heavy lifting, exercise, sports or sex.
- 3) Take Tylenol every 4 hours as needed to relieve the fever.
- 4) Avoid constipation. Take a stool softener (Colace) and take a laxative if necessary.
- 5) Take your antibiotics as prescribed for the entire amount.
- 6) Motrin / Advil / Ibuprofen may be helpful in alleviating the discomfort.
- 7) Warm sitz baths for 20 minutes, twice daily are helpful as well.
- 2) Call your doctor. He will want to see you in about 2 weeks.

CALL YOUR DOCTOR:

- 1)If you develop problems voiding.
- 2) If you develop blood in your urine.
- 3) If you develop high fever and shaking chills.