Focal One® Robotic Focal HIFU for Prostate Cancer

What is High-Intensity Focused Ultrasound (HIFU)?

HIFU is a non-invasive, non-surgical treatment option offered to certain patients with prostate cancer. The technology ablates prostate tissue by focusing high-intensity ultrasound waves on the affected area, causing localized heating that destroys the cells in the targeted region of the gland without damaging the healthy surrounding tissue. Focused ultrasound works in much the same way that rays of sunlight passing through a magnifying glass are concentrated at a single point, producing a significant rise in temperature around the focal point.

At Midtown Urology, HIFU is performed using the Focal One® robotic system, which allows your urologist to precisely target and treat only the areas of the prostate that require ablation.

What are the Advantages of HIFU Treatment?

- **Non-invasive procedure:** No surgery, no cutting, and no radiation.
- **Minimal side effects:** Low risk of side effects such as incontinence and erectile dysfunction.
- **Quality of life is preserved:** Most patients are back to their regular day-to-day activities shortly after the procedure.
- **Outpatient procedure:** Performed in an outpatient setting, meaning you will go home the same day.

Focal One® Robotic HIFU is FDA cleared and is covered for many patients by Medicare or commercial insurance providers. Our office will verify your coverage before your procedure.

What to Expect During Your HIFU Procedure

The HIFU procedure at Midtown Urology follows a precise protocol:

- You will arrive the morning of your treatment, having completed the bowel preparation described below
- You will be placed under general anesthesia for the procedure
- Your urologist will perform the treatment using the Focal One® robotic system, ablating only the targeted tissue with precision and accuracy

- A temporary urinary (Foley) catheter will be placed at the end of the procedure to limit the risk of urinary retention from temporary swelling of the prostate
- You will be discharged home shortly after the procedure with the catheter in place

What Happens After Your HIFU Procedure?

Your catheter will be removed at your first follow-up visit, typically 5-7 days after the procedure. Ongoing follow-up will include PSA testing at three months, six months, and one year, as well as a follow-up prostate MRI. This follow-up can be performed by your treating urologist at Midtown Urology, or, if you traveled from out of town, by your local urologist.

Before Your HIFU Procedure

1. Know the arrival time, date, and location of your procedure.
2. If your procedure is canceled or must be rescheduled, we will notify you as soon as possible and discuss potential dates for rescheduling.
3. If you have to cancel or reschedule your procedure, we require 24 hours' notice.
4. Because you will receive general anesthesia, you must arrange for a responsible adult to drive you home after the procedure.
5. Please consult with your prescribing physician(s) regarding when to stop any medications prior to treatment. Diabetes medications and water pills (diuretics) should NOT be taken on the morning of your procedure.
6. If you take any blood thinners on the following list, this will need to be discussed with your provider, as certain blood thinners must be stopped several days before the procedure. Do not stop these medications on your own, unless otherwise instructed by your cardiologist or urologist:
    - Plavix (Clopidogrel)
    - Pradaxa (Dabigatran)
    - Xarelto (Rivaroxaban)
    - Eliquis (Apixaban)
    - Effient (Prasugrel)
    - Brilinta (Ticagrelor)
    - Aspirin or Baby Aspirin
    - Fish Oil
    - Meloxicam

The Day Before Your HIFU Procedure

Diet

1. Breakfast should be your last solid meal. Please finish eating no later than 10:00 AM.

2. After breakfast, follow a clear liquid diet for the remainder of the day. Approved clear liquids include:
    - Clear chicken broth
    - Tea (no milk or cream)
    - Jell-O
    - Apple juice
    - Cranberry juice
    - Any fruit juice or beverage that you can see through

Restrictions

- Do not smoke for 24 hours prior to your treatment.
- Do not consume any alcoholic beverages.
- Nothing by mouth after midnight. This includes food, liquids, candy, and chewing gum. Exception: you may take your approved morning medications with a small sip of water on the morning of your procedure.

Medications

- Take all medications as instructed by your prescribing physician(s) and any medications prescribed by our office (except those you have been told to hold, as discussed above).

Bowel Preparation

- Administer one Fleet enema the night before your procedure to help cleanse the bowel.

The Day of Your HIFU Procedure

1. Do not eat any food, including candy or chewing gum, and do not drink any fluids after midnight the night before your procedure.
2. You may take your approved morning medications with a small sip of water. Do NOT take diabetes medications or water pills the morning of your procedure.
3. Administer the final Fleet enema on the morning of your procedure.
4. Arrive at your scheduled time with your driver.

After Your HIFU Procedure

- You will go home with a Foley catheter in place. See detailed catheter care instructions below.
- Do not overdo it physically, but do walk around once you get home. Most patients feel well after HIFU.
- No strenuous activities or anything that will pull on your abdomen or put pressure on your prostate (no sit-ups, push-ups, core exercises, bike riding, intercourse, or masturbation) for the first 3-4 weeks after HIFU.

- For the first day after the procedure, minimize fatty and greasy foods to reduce nausea from the anesthesia.
- For the first week after HIFU, drink approximately 8-12 eight-ounce cups of water per day. Avoid alcohol, green/black tea, caffeine (as much as possible), and cranberry juice. Also try to avoid spicy foods, dark chocolate, and black pepper.
- It is normal to have urinary urgency, frequency, and some burning with urination once your catheter is removed. Your doctor may prescribe medication to alleviate this discomfort (see post-operative medications below).
- Follow-up appointments will be scheduled for catheter removal and to monitor your results.

Potential Side Effects

Side effects may occur with any procedure. We would like you to be prepared for potential side effects and know how to handle them if they do occur.

- **Blood from the penis:** After the prostate tissue is ablated, there may be a few drops of bloody discharge from the penis, especially at the beginning of your urinary stream. You should also expect intermittent bloody urine. If the urine is passing freely, you are okay.
- **Blood from the rectum:** A small amount of rectal bleeding may occur.
- **Tissue fragments in the urine:** Seeing some particles of tissue in your urine bag or in your urine is normal. These fragments have been described as grey or pink particles or stringy material.
- **Scrotal swelling:** Ice packs are often effective at relieving the discomfort.
- **Stinging or tingling at the tip of the penis:** This may last a few days. Applying Bacitracin or Vaseline may help diminish the discomfort.
- **Body aches:** These are normal for the first few days after your HIFU procedure. Over-the-counter medications such as Motrin, Advil, or Tylenol may be helpful.

Prescribed Post-Operative Medications

Your provider will check the medications that apply to you:

☐ Tylenol (per bottle directions) for any pain
☐ Keflex 500 mg by mouth three times daily for 3 days
☐ Naproxen (over the counter) twice daily with meals for two weeks
☐ Tamsulosin 0.4 mg by mouth daily
☐ Pyridium 100 mg by mouth three times daily as needed for urethral pain
☐ Ditropan 5 mg by mouth three times daily as needed for bladder spasms

Foley catheter removal date/time: _____

Catheter Care

- Always wash your hands before and after handling your catheter.
- Make sure that urine is flowing out of the catheter into the collection bag, and that the tubing does not get twisted or kinked.
- Keep the urine collection bag below the level of your bladder.
- Do not tug or pull on the catheter, and make sure the collection bag does not drag and pull on the catheter.
- Unless you have been told not to, it is okay to shower with your catheter and collection bag in place.
- Check for inflammation or signs of infection around the catheter. Signs of infection include pus or surrounding skin that is irritated, swollen, red, or tender.
- Clean the area around the catheter twice a day using soap and water. Dry with a clean towel afterward.
- Do not apply powder or lotion to the skin around the catheter.
- Do not have sexual intercourse while wearing the catheter.
- At night you may wish to hang the urine collection bag on the side of your bed.

To empty the urine collection bag:

- Empty the bag regularly, whenever it is half full, and at bedtime. If your doctor has instructed you to measure the amount of urine, do so before you empty it into the toilet.
- Wash your hands with soap and water. If you are emptying another person's collection bag, you may wish to wear disposable gloves.
- Remove the drain spout from its sleeve at the bottom of the collection bag and open the valve on the spout.
- Let the urine flow out of the bag into the toilet or a container. Do not let the tubing or drain spout touch anything.
- After you empty the bag, wipe off any liquid on the end of the drain spout. Close the valve and put the drain spout back into its sleeve.
- Wash your hands with soap and water.

When to Call Your Provider

If your doctor has given you specific instructions about when to call, be sure to follow those instructions. Call our office if:

- No urine or very little urine is flowing into the collection bag for 4 or more hours, and/or you feel like your bladder is full.
- Your urine has changed color, is very cloudy or bloody, or has large blood clots in it.
- Your urine has a foul odor.
- Urine is leaking from around the catheter insertion site.

- The insertion site becomes very irritated, swollen, red, or tender, or you have pus draining from around the catheter.
- You have new pain in your abdomen, pelvis, legs, or back.
- You have a fever of 100 degrees F or higher, or back or flank pain.
- You develop nausea, vomiting, shaking, or chills.

If you cannot reach your physician and it is an emergency, please call 911 or go to the nearest emergency room.

Important Contact Information

Midtown Urology
911 W. 38th Street, Suite 200
(512) 451-7935 phone
(512) 451-7965 fax

Phone Hours: Monday-Thursday 8AM-4:00PM, Friday 8AM-1:00PM.
(We are closed for lunch and do not answer the phone from 12:00pm to 1:30pm)

A note regarding our phone lines: the Nurse's Line will go straight to voicemail. Please hit the prompt to schedule an appointment and you will be directed to someone you can speak with immediately as long as our phone lines are not busy. For after-hours emergencies only, please contact our office, 512-451-7935.

You may also go to Seton Main Emergency Room (1201 W 38th St, Austin, TX 78705) on 38th and N. Lamar. Please only go to this hospital as our physicians have privileges there.

To learn more about Focal One® Robotic Focal HIFU, visit: FocalOne.com