



# Bulkamid Post Procedure Information

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## What to Expect After Procedure

- The first few times you pass your urine after the procedure you may see a small amount of blood.
- After the procedure you will remain in the clinic until you have passed urine.
- Some patients may have difficulty emptying their bladder because of swelling of the tissues. This is usually short lived, less than 24 hours.
- If you experience initial difficulty passing urine, a small catheter will be placed overnight until normal emptying returns.
- If a catheter is placed, plan to remove the morning after your Bulkamid injections at 6 AM and call the clinic if unable to void by noon.

## Activity and Lifestyle Instructions

- After your procedure, you will be allowed to return to normal non-strenuous activity.
- You may resume intercourse and use tampons 24 hours following the procedure.
- You can resume your normal exercise program 24 hours following the procedure.
- You may feel discomfort or irritation to the bladder and urethra following the procedure. If this occurs, the discomfort should subside within 24 hours. Your physician may recommend over-the-counter pain medication to reduce discomfort.

## Recommendations

- Drink plenty of water to stay hydrated.
- Slow urinary stream for the first several days is not unusual.
- Do not rush or strain to urinate; relax your bladder and give it time to empty.
- If you are unable to urinate, contact your physician.

## Call us at 910-341-3389 if you Experience

- Difficulty urinating
- Heavy bleeding
- Fever greater than 100.8 degrees, chills
- Confusion, disorientation
- Severe abdominal pain or any other unusual reaction.

Following assessment of the results of the first injection, a second injection may be arranged if indicated during your post-procedural follow up appointment to benefit fully.

If you have had no improvement after two injections sessions, alternative treatments may be considered with your provider.