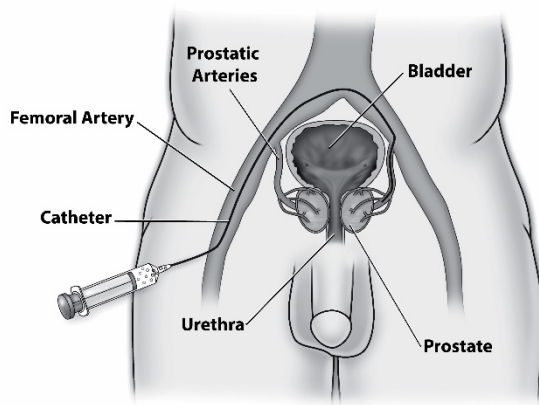


Preparing for Your Prostate Artery Embolization (PAE)

This handout explains how to get ready for your prostate artery embolization (PAE). PAE treats an enlarged prostate by blocking blood flow to the prostate so it can shrink over time. The goal is to ease symptoms of benign prostatic hyperplasia (BPH).

During the procedure, the doctor places a thin tube (catheter) into a large blood vessel in your groin or wrist. The doctor guides the tube to the prostate artery. A mix of small particles and contrast goes into the artery. This blocks blood flow to the prostate.



Risks

Risks of PAE include:

- Bleeding at the artery site
- Damage to the blood vessel
- Particles reaching areas other than the prostate
- Allergy to contrast dye
- Worse kidney function
- Infection
- Trouble urinating (urinary retention)

Getting Ready

You will first meet with the doctor to see if PAE may help you. The doctor will review your health history and do an exam.

Medicines

On the day of the procedure, we will send your medicine to your pharmacy or the hospital pharmacy.

Naproxen helps lower pain and swelling. If you cannot take NSAIDs, such as Advil, tell your care team. Start this medicine after the procedure.

Norco helps with pain that does not improve with other medicine.

Keep taking the medication you started the day after the PAE for 5 days. Please take **all** doses. You should also take pain medicine as needed.

If you take medicine for BPH, keep taking until your doctor tells you to stop.

Blood Thinning Medicines

You must call the doctor who prescribes this medicine to see if you need to stop or adjust your medicine before your test. That doctor will tell you how to safely do this.

If your doctor tells you not to stop your medicine, please call the procedure center.

Diabetes and Weight Loss Medicines

You must call the doctor who prescribes this medicine to adjust your medicine before your test. That doctor will tell you how to safely do this.

If your doctor tells you not to stop your medicine, please call the procedure center. Take your other oral medicine as usual with a sip of water.

Diet

Do not eat solid food 6 hours before the exam. You may drink clear liquids (fluid Do not eat solid food for 6 hours before the exam. You may drink clear liquids until 4 hours before the exam.

Driving

Arrange for someone to drive you home. It helps to have someone stay with you that night in case you need care right away.

During the Procedure

When you arrive, take the Atrium elevators to the 3rd floor and turn right when you exit. Check in at Radiology Check In (G3/3). After checking in, our staff will take you to the prep and recovery area. We will review your health history and medicines and do a short exam.

Next, you will change into a hospital gown. A staff member will place an IV line in your arm or hand, and we may collect blood or urine samples at this time. You will sign a consent form after we review the procedure and sedation with you.

Once you are ready, we will take you to the procedure room and help you lie down. Medicine will go through your IV to help with pain and help you relax.

Before starting, we will clean the skin over your wrist or groin with iodine soap. We

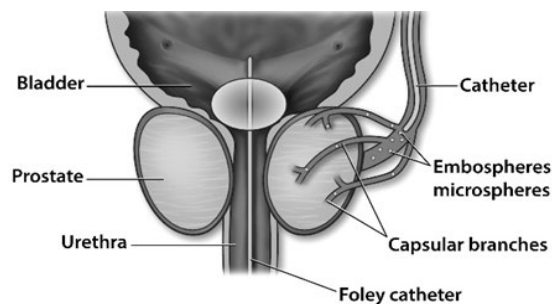
will numb the area before placing the tube, though you may feel pressure during this step.

The doctor then guides the tube into the arteries that supply the prostate. When the tube is in the correct place, the doctor slowly injects small particles to stop blood flow to the prostate.

After that, the doctor removes the tube and applies pressure to prevent bleeding. The procedure usually takes 2 to 3 hours.

We will take you to recovery once the PAE is over. You will rest there to help prevent bleeding. You may need to lie flat or keep your arm still for a few hours. We will provide clear liquids for you to drink.

A nurse or doctor will call you within 1 to 3 days after the PAE. You will have a follow-up visit in about 6 months to review your BPH symptoms. This visit may be by video or phone.



If you have a Foley catheter during the PAE, it will stay in place. Call your urologist to schedule a visit in about 1 to 4 weeks to remove it.

Diet

You may eat as normal. Drink at least 8 glasses of fluid in the first 24 hours.

Do not drink alcohol the first day.

Home Care

Keep the site dry and covered for 24 hours. After 24 hours, you may shower or bathe. Change the bandage daily for 3 days.

For bleeding at the site, apply direct pressure and go to the nearest emergency room.

Activity Restrictions

- **Do not** drive or make important decisions 24 hours after the procedure.
- **Avoid** hard activity or straining for 1 week.
- Walk on flat ground for exercise during the first week.
- **Do not** use hot tubs, baths, or pools for 1 week or until healed.

Symptoms

Some symptoms of PAE include:

- Soreness at the artery site for up to 1 week
- Mild pelvic pain or pain with urination
- Mild bleeding that should not soak more than two bandages
- Bruising that may last 2 to 3 weeks
- A small lump that may last up to 6 weeks
- Bladder spasms or urgency in some people

When to Call

Call your doctor if you notice **any of these signs or symptoms:**

- Redness or swelling at the site
- Yellow or green drainage with a bad smell
- Fever over 100.4°F
- A large, firm bruise near the site
- Numbness or tingling in an arm or leg
- Itching or hives
- Ongoing nausea or vomiting
- Trouble urinating
- Bladder spasms or strong urgency

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan.

For a list of UW Health Clinics, visit www.uwhealth.org/.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2026. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8058.