



CENTRAL COAST INTERVENTIONAL

MICHAEL SWIKEHARDT, MD, RPVI
BOARD-CERTIFIED INTERVENTIONAL RADIOLOGIST

PREPARING FOR PAE

PROSTATE ARTERY EMBOLIZATION

A Minimally Invasive Solution

FOR ENLARGED PROSTATE

This guide will help you understand your upcoming procedure, what to expect, and how to prepare.



EXPERT CARE

Advanced, minimally invasive treatment by an experienced interventional radiologist.



PATIENT EDUCATION

Clear, easy-to-understand information so you can feel informed and confident.



COMPASSIONATE SUPPORT

We are with you every step of the way—before, during, and after your procedure.



You Are Not Alone

Our team is dedicated to your safety, comfort, and the best possible outcome.



Learn More at
mnsmd.com

Scan the QR code to access patient education, procedure information, and more.



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Board-Certified
Interventional Radiologist

mnsmd.com





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What to Expect in This Guide

This Patient Companion Series was created to help you feel informed, prepared, and confident every step of the way.



Our Goal:

To provide exceptional care, clear communication, and the best possible outcomes.

Inside This Guide, You'll Find:



Understanding Enlarged Prostate

Learn about BPH, symptoms, and how PAE helps.



Preparing for Your Procedure

Important instructions to help you get ready for a safe experience.



The Day of Your Procedure

What to expect when you arrive and during your time with us.



Recovery & Aftercare

What's normal, how to care for yourself, and when to call us.



Frequently Asked Questions

Answers to common questions from our patients.



Follow-Up & Next Steps

Your follow-up plan and what to expect long term.



Your Care Team

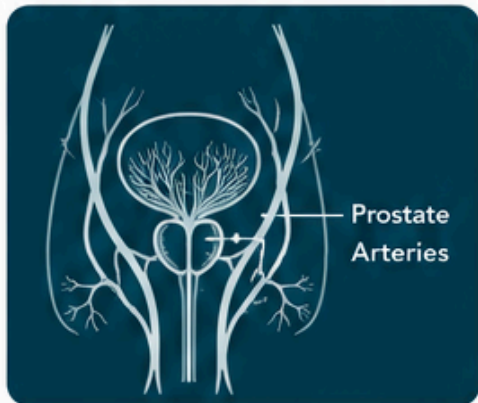
Our experienced team is here to support you before, during, and after your procedure. Please never hesitate to reach out with any questions or concerns.

You're in good hands.

We are committed to your safety, comfort, and the best possible outcome.



Quick Overview of PAE



Prostate Artery Embolization (PAE) is a minimally invasive procedure that reduces blood flow to the prostate. This causes the prostate to shrink over time, relieving symptoms of enlarged prostate (BPH).



Minimally Invasive

Small puncture, no large incisions.



Outpatient Procedure

Go home the same day in most cases.



Proven Results

Improvement in urinary symptoms and quality of life.



Low Risk

Complication rates are low with an experienced team.



Important

Every patient is unique. The information in this guide is general in nature and may not apply to everyone. Please follow the specific instructions provided by your care team.



Questions?

We're here to help.
(805) 881-3725



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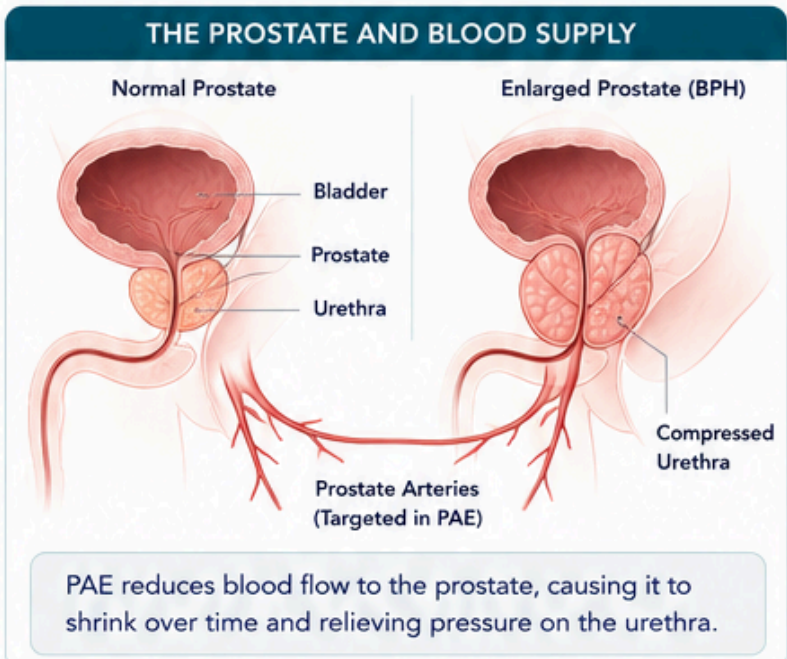
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Understanding Enlarged Prostate (BPH)

WHAT CAUSES YOUR SYMPTOMS?

As men age, the prostate gland can grow larger. This is called Benign Prostatic Hyperplasia (BPH). When the prostate enlarges, it can squeeze the urethra—the tube that carries urine from the bladder—leading to bothersome urinary symptoms.



COMMON SYMPTOMS OF BPH



Weak or slow urine stream



Waking up at night to urinate



Frequent urination



Urgency or sudden need to go



Feeling of incomplete emptying



Dribbling at the end of urination

HOW PAE WORKS

1



A tiny catheter is guided to the prostate arteries.

2



Small particles are injected to block blood flow to the prostate.

3

4



IMPORTANT TO KNOW
PAE does not remove tissue or affect sexual function. The results occur gradually as the prostate shrinks over time.

BENEFITS OF PAE



Minimally Invasive
Small puncture, no large incisions.



Outpatient Procedure
Go home the same day in most cases.



Low Risk
Fewer complications compared to surgery.



Preserves Sexual Function
Very low risk of erectile dysfunction or incontinence.



Proven Results
Improvement in urinary symptoms and quality of life.



Durable Relief
Benefits are long lasting for most patients.



QUESTIONS?
We are here to help you feel informed and comfortable every step of the way.



Call our office:
(805) 881-3725
Mon–Fri 8am–5pm



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Preparing for Your Procedure

Proper preparation helps ensure your safety, comfort, and the best possible outcome. Follow the instructions below and contact our office if you have any questions.



Need Help?

We are here to guide you every step of the way.

(805) 881-3725

BEFORE YOUR PROCEDURE



1. Schedule & Transportation

You will go home the same day. Please arrange for a responsible adult to drive you home.



2. Follow Pre-Procedure Instructions

Our team will review specific instructions with you. Please follow them carefully.



3. Medications

A list of medications to continue or hold will be provided. Do not stop any medication unless you are instructed to do so.



4. Eating & Drinking

Do not eat or drink anything after midnight the night before your procedure, unless otherwise instructed.



5. Shower

Shower the morning of your procedure. Avoid lotions, powders, or cologne.



6. What to Bring

Bring a photo ID, insurance card, and a list of current medications.

THE DAY OF YOUR PROCEDURE



CHECK-IN

Arrive at the time you were instructed. You will check in and be taken to the prep area.



PREPARATION

Our team will review your health history, start an IV, and answer any last-minute questions.



THE PROCEDURE

PAE is performed in the angiography suite. You will be awake but comfortable with medication. The procedure typically takes 1–2 hours.



GOING HOME

You will be monitored until you are ready to go home the same day. Detailed aftercare instructions will be provided before you leave.



Your safety is our priority. Our experienced team is with you every step of the way.

MEDICATIONS YOU MAY BE ASKED TO HOLD*

- **Blood thinners**
(e.g., Coumadin®, Eliquis®, Xarelto®, Plavix®)
- **Aspirin (high doses)**
- **NSAIDs**
(e.g., ibuprofen, naproxen)
- **Herbal supplements**
- **Vitamins (high doses)**



You will receive specific instructions based on your medications and medical history.

*Do not stop any medication unless instructed by our team.

QUESTIONS TO ASK BEFORE YOUR PROCEDURE



- ✓ What should I expect during the procedure?
- ✓ What are the risks and possible complications?
- ✓ How long is the recovery?
- ✓ When will I see improvement in my symptoms?
- ✓ Will this affect my sexual function?
- ✓ What are my alternatives?



We encourage you to write down any questions you have. We are here to help.



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The Day of Your Procedure

Knowing what to expect can help ease any anxiety and help you feel prepared. Here is a step-by-step overview of your experience.



1

CHECK-IN & PREP

You will check in at the time you were given. A nurse will review your information, start an IV, and prepare you for the procedure.



2

MEET YOUR CARE TEAM

You will meet your interventional radiologist and the procedure team. We will review the plan and answer any last-minute questions.



3

THE PROCEDURE

PAE is performed in our angiography suite. A tiny catheter is inserted (usually through the wrist or groin) and guided to the arteries that supply the prostate. Small particles are injected to reduce blood flow.



4

RECOVERY

After the procedure, you will rest in the recovery area while we monitor you. Most patients are able to go home the same day.



5

GOING HOME

Once you are cleared, you will be given discharge instructions. You will need a responsible adult to drive you home.

WHAT TO EXPECT



ARRIVAL TO DISCHARGE

Plan to be at the hospital for approximately 4–6 hours.



ANESTHESIA

Local anesthesia and moderate sedation (you will be awake but relaxed).



DURATION OF PROCEDURE

Typically 1–2 hours.



DISCOMFORT

You may feel some pressure or warmth during the procedure but it should not be painful.



RESULTS

Improvement is gradual. Many patients notice symptom relief within weeks to months.



Our team is with you every step of the way to ensure your safety, comfort, and the best possible outcome.

BENEFITS OF PAE



Minimally invasive
with no large
incisions



Usually a same-day
procedure and
recovery



Low risk of sexual
side effects



Improvement in urinary
symptoms and quality
of life



Low complication
rates with an
experienced team



Long-lasting relief
for most
patients

TIPS FOR A SMOOTH DAY

- ✓ Wear comfortable, loose-fitting clothing.
- ✓ Bring your ID, insurance card, and medication list.
- ✓ Follow fasting instructions as provided.
- ✓ Arrange for a responsible adult to drive you home.
- ✓ Leave valuables at home.



You're in good hands.

We are committed to providing exceptional care and an outstanding patient experience.

Questions before your procedure?
Call our office – we're happy to help.



(805) 881-3725



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Recovery & Aftercare

Most patients recover quickly after PAE. Following these instructions will help ensure a smooth recovery and the best possible outcome.



Remember

Recovery experiences vary. Always follow your specific instructions and contact us if you have questions or concerns.

IMMEDIATELY AFTER YOUR PROCEDURE



You will rest in our recovery area while we monitor you. Nursing staff will check your vital signs and the puncture site to ensure everything looks good.



You may have mild pain, pressure, or a feeling of needing to urinate. Medication will be provided to keep you comfortable.



You can usually eat and drink before going home unless told otherwise.



You will need a responsible adult to drive you home. **Do not drive for 24 hours.**



You will receive written aftercare instructions before you leave.

TYPICAL RECOVERY TIMELINE



DAY 1–2

Rest and take it easy. Mild pelvic discomfort, fatigue, or urinary irritation is common.



DAYS 3–7

Gradually return to light activities as you feel able. Symptoms may fluctuate.



WEEKS 2–4

Most patients notice gradual improvement in urinary symptoms during this time.



MONTHS 1–3

Continued improvement in symptoms and quality of life. Full recovery is typically within days.

Every patient is different. Some may recover faster, while others may take longer.

AFTERCARE INSTRUCTIONS



MEDICATIONS

Take all medications as prescribed. This may include pain medication, antibiotics, and medication for urinary symptoms.



SHOWERING

You may shower 24 hours after the procedure. Avoid baths, hot tubs, and swimming for 5 days.



PUNCTURE SITE CARE

Keep the puncture site clean and dry. You may remove the bandage 24 hours after the procedure and replace with a small bandage if needed.



ACTIVITY

Avoid heavy lifting (over 10 pounds), strenuous exercise, and sexual activity for 5–7 days or as directed.



HYDRATION & DIET

Drink plenty of fluids and eat a balanced diet to help your body heal and prevent constipation.

WARNING SIGNS – CALL US RIGHT AWAY



Severe pain not relieved by medication



Fever over 100.4°F (38°C) or chills



Heavy bleeding, swelling, or drainage at the puncture site



Inability to urinate or worsening urinary symptoms



Redness, warmth, or pus at the puncture site



If you experience any of these symptoms, call us immediately: **(805) 881-3725**



We're Here for You

Our team is committed to your comfort and well-being. If you have any questions or concerns during your recovery, please don't hesitate to reach out.



Follow-Up

A follow-up appointment is typically scheduled 4–6 weeks after your procedure to assess your progress.



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Follow-Up & Next Steps

Your care doesn't end after the procedure. Follow these steps to support your recovery and get the best possible results.



We're With You Every Step

Recovery is a journey. Our team will guide you, answer your questions, and support you every step of the way.



1

BEFORE YOUR PROCEDURE

- Review pre-procedure instructions carefully.
- Follow medication instructions.
- Do not eat or drink as instructed.
- Arrange for a responsible adult to drive you home.

WHAT TO EXPECT

Proper preparation helps ensure a safe procedure and smooth recovery.

2

PROCEDURE DAY

- Check in at the main entrance at your scheduled arrival time.
- Follow signs to the Interventional Radiology (IR) department.
- Our team will take excellent care of you.

WHAT TO EXPECT

The procedure typically takes 1–2 hours. You will spend a short time in recovery and go home the same day.

3

FIRST WEEK AT HOME

- Take it easy and avoid strenuous activity.
- Walk daily and stay hydrated.
- You may notice gradual improvement in urinary symptoms.
- Call us with any questions or concerns.

WHAT TO EXPECT

Some pelvic discomfort, fatigue, or urinary irritation is normal and typically improves within a few days to a week.

4

2–4 WEEKS FOLLOW-UP

- We will check in with you to review your recovery.
- This may be a phone call or in-person visit.
- We will address any questions and ensure you are on track.

WHAT TO EXPECT

Many patients notice continued improvement in urinary flow and reduction in nighttime urination during this time.

5

6 WEEKS: SYMPTOM REVIEW

- We will review your symptoms and quality of life.
- You may be asked to complete an IPSS (symptom score) to track progress.

WHAT TO EXPECT

Most patients experience significant improvement by 6 weeks, with ongoing improvement expected.

6

3–6 MONTHS: CONTINUED IMPROVEMENT

- Symptoms continue to improve as the prostate shrinks over time.
- Regular follow-up ensures the best outcome.

WHAT TO EXPECT

Full results are often seen between 3 and 6 months. Every patient is different, but improvement should continue.

7

LONG-TERM OUTLOOK

- Prostate symptoms often improve for years.
- Many patients enjoy better quality of life long-term.
- We remain here for your ongoing care.

WHAT TO EXPECT

PAE provides lasting relief for most patients and preserves future treatment options if ever needed.



We're Here for You

Don't hesitate to reach out with any questions during your recovery. Your comfort and well-being are our top priorities.



Have questions or ready to schedule a follow-up?
Call our office today.

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Thank You

for trusting us with your care.

This guide will help you understand your upcoming procedure, what to expect, and how to prepare. Our goal is to make your experience as safe, comfortable, and effective as possible.



Our Commitment to You

We are dedicated to clinical excellence, patient education, and personalized care. If you ever have questions or concerns, we are here to help.



Learn More at
mnsmd.com

Scan the QR code to access patient education, procedure information, helpful resources, and more.



You're in Good Hands

Before, during, and after your procedure.



Ask Questions
We encourage you to reach out with any questions at any time.



Feel Confident
We will explain every step and make sure you feel prepared.



You Are Not Alone
Our experienced team is here to support you and your loved ones.



Better Experience
We focus on your comfort, safety, and the best possible outcome.



Better Outcomes
Our goal is to improve your symptoms and your quality of life.

Contact Us



Call or Text
(805) 881-3725
Mon–Fri 8am–5pm



Email
consultation@mnsmd.com
We typically respond within 1 business day.



Location
**Santa Barbara Cottage Hospital
Main Entrance**
Santa Barbara, CA 93105
Follow signs to Interventional Radiology

This guide is for educational purposes only and is not a substitute for professional medical advice. Please follow all instructions provided by your healthcare team.





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Frequently Asked Questions

We understand you may have questions. Here are answers to some of the most common ones we hear.



How effective is PAE?

Most patients experience significant improvement in urinary symptoms. Studies show 70–90% of men report improvement in quality of life.



Will PAE affect my sexual function?

PAE has a very low risk of sexual side effects. Retrograde ejaculation, a potential risk with prostate surgery, is rare with PAE.



How long do results last?

Results are long-lasting for most patients. The prostate continues to shrink over time, and symptom relief is durable.



Will I need to stay overnight?

No. PAE is an outpatient procedure. You go home the same day.



What are the risks?

PAE is considered safe with a low risk of complications. Serious complications are rare.



Can I still have surgery later if needed?

Yes. PAE does not close the door on future treatment options if needed.

TIPS FOR A SUCCESSFUL RECOVERY



Take it easy.

Rest on the day of your procedure. Avoid strenuous activity and heavy lifting for 5–7 days.



Stay hydrated.

Drink plenty of fluids to help flush contrast dye and support healing.



Eat a healthy diet.

A balanced diet with fruits, vegetables, and whole grains supports recovery.



Take medications as directed.

This may include pain medication and medication to help with urination.



Attend your follow-up appointment.

We will check your progress and answer any questions.



Your comfort and recovery are our priority.

We are here to support you every step of the way.

LIFESTYLE & SYMPTOM IMPROVEMENT



Stay Active

Regular physical activity improves overall health and supports urinary function.



Better Sleep

Many patients experience fewer nighttime trips to the bathroom.



Improved Quality of Life

Enjoy more freedom, confidence, and time doing what you love.



Manage Health Conditions

Keep chronic conditions like diabetes and high blood pressure under control.



Communicate

Let us know how you're feeling. We're here to help you feel your best.



You're in Good Hands.

Our experienced team is dedicated to providing exceptional care and outstanding results.



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