

Radical Prostatectomy Discharge Instructions



Diet

You can eat and drink as usual. Ensure to drink adequate amounts of water and have plenty of fibre in order to avoid any straining while going to the toilet.

Pain relief

Take pain relief as required and as instructed by your doctor. Pain should gradually decrease. Contact your doctor or PCSN if you suddenly experience an increase in pain or you have pain that is not able to be managed with your prescribed analgesia.

Activity

It is important to balance gentle activity and rest. Gentle activity will help your body recover, reduce the risk of developing complications such as blood clots and pneumonia and assist in return of normal bowel function.

Daily starting from today:

Walk: Ensure you are walking at a gentle pace and on flat ground. Start with 5 minute walks, 3-4 times daily and increase the duration each day as you feel stronger.

Rest: have a rest or a sleep each day for the first 1-3 weeks.



Wound Care

If you have dressings covering your surgical site you can shower with these in place. Dressings may be removed in 5 days time and will not need to be reapplied unless advised to do so by your doctor.

Once dressings are removed you may continue to shower as normal. After your shower pat your surgical sites dry.

Please contact your surgeon or PCSN if you develop redness, swelling and discharge around your surgical sites.

Bowel and bladder function

You are being discharged with your catheter still in place. Please see instructions regarding caring for your catheter on the following page. Once your catheter is removed it is expected that you will experience some urinary incontinence. The severity and duration of this incontinence is different for each patient. The management of urinary incontinence will be discussed in more detail with the PCSN.

Bowel function may take a few days to go back to normal after surgery. You may experience some bloating and abdominal discomfort until this returns to normal. Please be aware that some pain relief medications do cause constipation. Avoid straining while going to the toilet by drinking pear juice and having plenty of water and by attending to your walks as discussed. You may require a mild laxative which can be purchased at a pharmacy without a script, your doctor will advise if they have a preference regarding which laxatives are used.

Sexual Function

Erectile dysfunction is expected after a prostatectomy. Sexual function will be discussed with you in more detail by your surgeon and the PCSN.

General Wellbeing

This can be an overwhelming and stressful time for men and their families. Please remember that there are lots of people and organisations that can provide you and your loved ones support. The PCSN is available to assist

in coordination of support that you require. Please get in contact with any concerns or queries that you may have.

Follow Up

Trial of void: You will return to the hospital in 7-10 days for your catheter to be removed. At this this time you will also be seen by the prostate cancer support nurse and the men's health physiotherapist. Please contact the doctor's rooms if you are unaware of when your trial of void is booked. If your doctor has booked your trial of void at a different location you will receive a follow up phone call from the PCSN to discuss your progress.

Surgical follow up: We advise that you attend your follow up with your surgeon. This will be booked in by the doctor's rooms. Please contact the doctor's rooms if you do not yet have an appointment booked in.

Caring for your urinary catheter

A catheter allows urine to continuously drain from your bladder. You will not need to actively attempt to pass urine yourself. The catheter is held into place by a small water filled balloon which rests at the base of the bladder.

You may need to wipe urethral secretions of at the tip of your penis 2-3 times a day with a wash cloth and warm soapy water.

Hygiene

- + Personal hygiene is very important to prevent a urinary tract infection
- + Perform hand hygiene immediately before and after handling the catheter and bags
- + Wash around your catheter and surrounding skin daily using plain soap, water and a clean face washer. Gently remove any crusting. Do not use scented soap or talcum powder. Pat dry after shower.
- + After a bowel motion wipe from front to back to avoid contaminating the catheter.

- + Always keep the catheter bag below bladder level to ensure good drainage and avoid kinking of the catheter tubing.
- + The catheter should be secured with a securement device to prevent dislodgement and trauma

Leg Bag

You will have a leg bag attached to your catheter. The leg bag holds approximately 500mls and **needs to be emptied regularly and when two thirds full**. The leg bag needs to be alternated daily between each upper leg.



Overnight drainage bag

You will be provided a large drainage bag to be attached to the bottom of your leg bag at night. This allows you to have a good night's sleep.



Emptying your leg bag

1. Wash and dry your hands thoroughly
2. Empty the urine into the toilet by pushing the outlet valve into a downward position
3. Avoid touching the end of the outlet valve with your fingers or allowing it to touch the toilet. If outlet valve is contaminated, clean with alcohol wipes provided to you.
4. Push outlet valve into upward position when the leg bag is empty
5. Wash and dry hands thoroughly



Connecting your overnight drainage bag

1. Wash and dry hands thoroughly
2. Empty urine from your leg bag
3. Wash and dry hands thoroughly
4. Clean the leg bag connection and overnight bag tubing using an alcohol wipe provided.
5. Connect the white tip of the night bag into the drainage tap at the base of your leg bag
6. Open the tap on your leg bag as this will allow urine to drain directly into your night bag
7. Wash and dry hands thoroughly
8. Place your night bag on its stand or into a clean bucket, kept for this purpose only
9. Position the night bag below the level of your bladder

Disconnecting your over night bag

1. Wash hands
2. Ensure leg bag tap is closed
3. Remove overnight bag
4. Cut the overnight bag and empty urine into the toilet
5. Place used night bag in two rubbish bags and discard in the rubbish bin



Changing your leg bag

The leg bag should always remain connected and only replaced if instructed to do so by your surgeon or PCSN.

Equipment

- Sterile leg bag
- Alcohol wipes

Method

1. Wash and dry hands thoroughly
2. Empty leg bag if applicable
3. Wash and dry hands thoroughly
4. Hold the end of the catheter with one hand throughout procedure
5. Clean the connection with an alcohol wipe
6. Remove cap from the new bag and attach bag to the catheter
7. Watch for sign of urine flow if connecting to leg bag
8. Secure leg bag to thigh
9. Ensure catheter is not kinked and outlet tap is in closed position
10. Place old leg bag into two rubbish bags and dispose
11. Wash and dry hands thoroughly

Trouble shooting

Bladder spasms, urine bypassing the catheter or no urine draining from the catheter

Check for the following:

Is the tubing bent or kinked?

Is the bag below bladder level?

Is the bag over full?

Are you dehydrated?

Is the urine concentrated, cloudy or bloody?

If the bypassing and spasms continue after following the checklist

Notify the PCSN or doctor.

If the catheter falls out

If the catheter falls out please contact the PCSN or surgeon immediately

General cares

Drink at least 2 litres of fluid per day including water, tea, coffee, juice etc. unless otherwise instructed by your doctor.

Keep catheter secured as pulling on the catheter will cause pain and irritation of the urethra.





Concerns

If you have any concerns regarding your care post operatively including managing your catheter, please do not hesitate to contact your doctor's rooms or the Prostate Cancer Specialist Nurse.

If you have non urgent enquiries outside of usual business hours you can call Ward 3D and seek advice from the nursing staff.

In case of emergency please present to the emergency department or phone **000**

Prostate Cancer Specialist Nurse: 0428 879 206

Ward 3D: (07) 3834 4314

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Acknowledgements

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