

Discharge advice after laparoscopic radical prostatectomy

- It is not uncommon to leak around the catheter. Please keep the catheter clean and dry. We prescribe a drug called Detrusitol XL (4 mg once a day) or a similar drug to reduce the risk. The drug also helps with regaining control of waterworks after catheter removal. Please get a repeat prescription from GP when you run out of supply.
- After the operation, most patients do not have any significant pain. However, intermittent pain is not uncommon. Please take regular painkillers for the first few days.
- You will be taught to inject yourself with a blood thinner called Tinzaparin for 28 days to prevent deep vein thrombosis.
- You might see small amount of blood in catheter.
- It is not uncommon to be constipated after the operation. If you need help, please ask your GP to prescribe Fibogel, Lactulose, Movicol etc.
- When you get home, you should be able to look after yourself, walk around at home and around the house. Driving is not advisable with the catheter. After catheter removal, you should wait until you have reasonable urinary control before driving.
- **Pelvic floor exercise** can be started one week before catheter removal. After catheter removal, aim for **at least** 3 sets of 40 pelvic floor exercises everyday as described in patient information leaflet.

- Follow up
Catheter removal in 3 weeks
High sensitivity PSA blood test in 6 weeks
Outpatient appointment in 8 weeks

- Contact numbers
Royal Shrewsbury Hospital: 01743 261000
Mr. Lynn's secretary: 01743 261127 (9 to 5)
Urology ward: 01743261000(ask for urology)
Specialist nurse: 01743261000Ext:3577(9to 5 PM)