

## Discharge advice after Robot assisted radical prostatectomy

- It is not uncommon to leak around the catheter. Please keep the catheter clean and dry.
- 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 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. Please make sure that you drink plenty of fluid and increased fibre in diet. You can use Fibogel, Lactulose, Movicol etc. if required. They can be purchased in any pharmacy/supermarket.
- 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 2 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)