

Home Instructions

- Notify your physician if you have any of the following:
 - oral temperature above 100°.
 - any drainage, redness or swelling along the incision.
 - excessive pain in incision area.
 - diarrhea.

- Avoid heavy lifting (over 10 pounds) or straining (even for a bowel movement) for one month.

- No driving for one month.

- You may shower and climb stairs.

- You may return to your usual diet.

- No sex for three weeks.

If you have problems call your doctor immediately.

Questions

**UNDERSTANDING YOUR
SUPRAPUBIC/
RETROPUBIC
PROSTATECTOMY**

M **MARQUETTE**
General Hospital
REGIONAL MEDICAL CENTER

Patient Education Program

Soon you will be having a suprapubic or retropubic prostatectomy for the relief of your bladder outlet obstruction. Sometimes the prostate gland enlarges and produces an obstruction to the flow of urine from the bladder. This surgical procedure allows the physician to remove the enlarged prostate gland.

Before your operation, the nurse will give you a pamphlet called **Surgical Preparation** which will describe in more detail the general surgical routine.

Please remember you are **NOT TO EAT OR DRINK ANYTHING AFTER MID-NIGHT** until after you have surgery. You will be asked to remove your dentures, glasses, hair pieces and any other removable parts before surgery.

This pamphlet has been designed to help you prepare for your surgery.

To make certain you understand this material:

- discuss your surgery with your nurse.
- discuss your postoperative care with your nurse.
- review your discharge instructions with your nurse.

Your Surgery

After reading the booklet **Surgical Preparation** you will know generally what to expect the morning of surgery.

An intravenous (IV) will be started in order to provide extra fluids for your surgery. You may have the IV for a few days until you are eating and drinking well on your own.

A suprapubic catheter and/or Foley catheter will be inserted in the operating room. This catheter will remain in place to drain urine from your bladder. A Foley catheter is inserted into the passage in your penis to your bladder.

At first your urine will contain blood. This will gradually disappear and urine will be a dark tea color when you go home.

The catheters are usually removed in a few days for a trial of voiding or passing your urine on your own. You may experience dribbling or frequency of urination at first. This should get better with time.

You may also have a drain placed next to or below your incision to drain fluid from around your surgical site. This will be covered with a large dressing that will be changed as needed.

When your surgery has been completed you will be taken to the recovery room. You will remain there for at least an hour until you are ready to return to your room.

You will have some pain in your abdomen from surgery. Please review the pain control portion of the **Surgical Preparation** booklet. The nurse will give you pain medication when you ask for it.

Recovery Period

You should drink at least 3 quarts of liquid a day, in addition to the fluids on your tray. Even after you go home it is a good idea to drink at least 12 glasses of fluid per day. This fluid will flush out your kidneys and bladder. Try to avoid drinking large amounts of fluid in the evening.

While the catheter is in place, you will need to wash your penis and the area around your catheter 4 times per day.

It is important to keep yourself clean. The urine drainage bag will be emptied and measured as needed. A record of this will be kept on a special form, which also includes all the fluids you drink. When you are walking be very sure to carry the urine drainage bag below your waist so there will be no back flow of urine into your bladder.