

Post-Operative Instructions for Prostate Surgery

***no heavy lifting, straining, or bending for 4 weeks**

*climb stairs slowly, one at a time.

*no driving or riding long distances for 2-3 weeks.

*be sure to drink 8 large glasses of water a day.

*you may take your routine medications unless otherwise directed.

*do not strain to move your bowels. You may use ilk of Magnesia if needed or whatever you would normally do for bowel hygiene.

*you may remove you TED hose when up and about.

*irrigate catheter frequently as directed.

*call for temperature above 101° F or with problems or concerns.

*catheter care as instructed at least 2 times a day.

What to Expect After the Catheter is Removed

You may experience a felling of urgency (inability to hold your urine) after your procedure for 2-6 weeks. This feeling usually subsides on it's own.

You will occasionally pass some blood clots for six weeks, also your urine may appear bloody and this should clear with just increasing your fluids. If it doesn't clear or you have difficulty urinating please call your doctor, the telephone is answered 24 hours a day.

No intercourse for 4 weeks. You may experience retrograde ejaculation (semen goes into your bladder), this is not harmful.

Foley Catheter Care

Cleanse around catheter with soapy water 2-3 times a day.

Cleanse bag daily with soapy water.

Wash hands before and after emptying catheter bag.

Keep catheter bag lower than abdomen.

You may shower with catheter in place.

Foley Catheter Irrigation

Indications that irrigation is needed:

Abdominal pain/pressure

Bladder spasm (sharp bladder contraction)

No urine in catheter bag

The need to urinate

Collect supplies:

Emesis basin x 2 or bowls

Syringe

Water

Towel

Wash hands before and after irrigation.

Fill syringe with sterile water.

Disconnect catheter from tubing.

Insert syringe into catheter.

Push in sterile water.

For clots: pull back on syringe

Irrigate until clear of clots and urine drains easily

Reconnect tubing.