

# ROBOTIC ASSISTED RADICAL LAPAROSCOPIC PROSTATECTOMY (RALP)

## HOW DO I MANAGE MY CATHETER AT HOME?

ONCE YOU ARE ABLE TO GET OUT OF BED, THE WARD NURSES WILL CONNECT YOUR CATHETER TO A LEG BAG. THEY WILL SHOW YOU HOW TO EMPTY THE BAG BEFORE YOU ARE DISCHARGED. YOU ONLY EMPTY THE LEG BAG WHEN IT IS NEARLY FULL AS THIS HELPS TO PREVENT AN INFECTION. THE LEG BAG CAN STAY IN PLACE FOR UP TO 7 DAYS. IF YOU REQUIRE A CATHETER FOR LONGER THAN THIS, THE STAFF WILL SHOW YOU HOW TO CHANGE THE LEG BAG OR WILL REFER YOU TO THE DISTRICT NURSE WHO WILL DO THIS FOR YOU. ALWAYS ENSURE THAT THE LEG BAG IS FULLY SECURED TO YOUR LEG WITH THE VELCRO STRAPS, THIS WILL PREVENT PULLING.

YOU WILL BE GIVEN A SUPPLY OF LARGER NIGHT DRAINAGE BAGS AND SHOWN HOW TO CONNECT AND DISCONNECT THESE. YOU WILL ALSO BE PROVIDED WITH A BEDSIDE STAND FOR THESE LARGER NIGHT DRAINAGE BAGS.

ALWAYS MAKE SURE THE DRAINAGE BAGS ARE KEPT LOWER THAN YOUR BLADDER AND THAT THE TUBES ARE NOT KINKED OR TWISTED. YOU MUST THOROUGHLY WASH YOUR HANDS BEFORE AND AFTER HANDLING AND EMPTYING YOUR CATHETER BAGS.

AIM TO DRINK AT LEAST 2 LITRES OF FLUID PER DAY TO HELP KEEP THE URINE CLEAR, AND TO PREVENT AN INFECTION.

YOU WILL NEED TO SHOWER DAILY. ENSURE YOU CLEAN AROUND THE PENIS THOROUGHLY AND USING MILD SOAP AND WATER CLEAN UNDER YOUR FORESKIN.

THE WARD STAFF WILL REFER YOU TO THE DISTRICT NURSES WHO WILL CALL TO MAKE SURE THAT YOU ARE MANAGING YOUR CATHETER. THEY WILL BE A POINT OF CONTACT IN THE COMMUNITY SHOULD YOU HAVE ANY PROBLEMS. IT IS IMPERATIVE THAT YOUR CATHETER IS NOT CHANGED BY ANYONE IN THE COMMUNITY. IF YOU OR YOUR DISTRICT NURSES HAVE ANY CONCERNS REGARDING YOUR CATHETER PLEASE CONTACT ONE OF THE SPECIALIST NURSES OR THE STAFF ON THE SURGICAL ONCOLOGY WARD.

## IS IT NORMAL FOR MY CATHETER TO LEAK OR BYPASS?

IT IS COMMON TO HAVE A DEGREE OF LEAKAGE AROUND THE CATHETER, PARTICULARLY WHEN OPENING YOUR BOWELS. AS LONG AS THE MAJORITY OF YOUR URINE IS DRAINING INTO THE CATHETER BAG, THEN DO NOT WORRY IF THIS HAPPENS.

## IS IT NORMAL TO SEE BLOOD IN MY URINE?

IT IS COMMON TO SEE SOME BLOOD IN YOUR URINE, PARTICULARLY WHEN YOU ARE ON THE DALTEPARIN INJECTIONS. IT CAN OFTEN LOOK ROSÉ COLOURED OR MAY HAVE SMALL SPECKS OR CLOTS OF BLOOD IN IT. SHOULD YOUR URINE LOOK BRIGHT RED AND DOES NOT CLEAR, YOU SHOULD CONTACT ONE OF THE UROLOGY SPECIALIST NURSES OR THE STAFF ON THE SURGICAL ONCOLOGY WARD.

## **WILL I NEED TO BUY INCONTINENCE PADS IN PREPARATION FOR MY CATHETER REMOVAL?**

ALL MEN WILL LEAK URINE AFTER THEIR CATHETER IS REMOVED. TO PREPARE FOR THIS YOU WILL NEED TO BUY SOME INCONTINENCE PADS AND BRING THEM WITH YOU WHEN YOU HAVE YOUR CATHETER REMOVED. THESE ARE AVAILABLE FROM ALL LARGE CHEMISTS AND MANY SUPERMARKETS. THE PADS COME IN VARIOUS ABSORBENCY STRENGTHS. YOU WILL NEED TO BUY THE STRONGEST ABSORBENCY TO BEGIN WITH AND HOPEFULLY YOU WILL BE ABLE TO USE SOME LIGHTER PADS AS THE LEAKAGE IMPROVES OVER TIME.

## **HOW OFTEN DO I NEED TO PERFORM PELVIC FLOOR EXERCISES WHEN MY CATHETER IS REMOVED?**

YOU SHOULD HAVE PRACTISED YOUR PELVIC FLOOR EXERCISES PRIOR TO YOUR OPERATION AND SHOULD ONLY START DOING THEM WHEN YOUR CATHETER HAS BEEN REMOVED. WE ADVISE YOU TO PERFORM THE EXERCISES (A SET OF 10 SHORT AND 10 FAST) 3 TIMES PER DAY E.G. MORNING, AFTERNOON AND EVENING. IF YOU NEED MORE ADVICE ON HOW TO DO THESE OR YOU ARE NOT SURE YOU ARE DOING THEM CORRECTLY, PLEASE DISCUSS IT WITH YOUR SPECIALIST NURSE.

TRY TO AVOID ANY VIGOROUS OR STRENUOUS PHYSICAL ACTIVITY FOR THE FIRST FEW WEEKS AFTER YOUR SURGERY AS THIS CAN SOMETIMES MAKE YOUR PELVIC FLOOR MUSCLES WEAKER. YOU SHOULD HOWEVER BUILD UP YOUR PHYSICAL ACTIVITY GRADUALLY AND WITHIN YOUR OWN LIMITS.

## **HOW OFTEN SHOULD I BE HAVING MY BOWELS OPENED AFTER THE OPERATION?**

AFTER YOUR OPERATION IT CAN TAKE A FEW DAYS FOR YOUR BOWELS TO START MOVING. THIS MAY BE DUE TO CHANGES IN YOUR DIET WHILST IN HOSPITAL OR BECAUSE YOU ARE NOT AS MOBILE AS YOU WERE BEFORE. YOU WILL BE DISCHARGED WITH A MEDICATION CALLED LACTULOSE TO HELP PREVENT AND RELIEVE ANY CONSTIPATION. IF YOU FIND YOU ARE STILL STRUGGLING TO MOVE YOUR BOWELS AFTER A FEW DAYS YOU SHOULD SEE YOUR LOCAL PHARMACIST WHO WILL ADVISE ABOUT STRONGER LAXATIVES. MAKE SURE YOU ARE DRINKING PLENTY OF FLUIDS AND EAT A WELL-BALANCED DIET WITH 5 PORTIONS OF FRUIT AND VEGETABLES PER DAY.

## **HOW LONG DO I NEED MY DALTEPARIN (HEPARIN) INJECTIONS FOR?**

IN ORDER TO REDUCE THE RISK OF A BLOOD CLOT YOU WILL BE REQUIRED TO HAVE DAILY HEPARIN INJECTIONS. YOU WILL HAVE THESE FOR 28 DAYS AFTER YOUR OPERATION. YOU OR A MEMBER OF YOUR FAMILY WILL BE TAUGHT HOW TO GIVE THE INJECTIONS BUT IF YOU ARE NOT ABLE TO DO THIS THEN YOU WILL BE REFERRED TO THE DISTRICT NURSES. YOU ALSO NEED TO WEAR ANTI-EMBOLISM STOCKINGS FOR THIS TIME. YOU WILL BE GIVEN A SPARE PAIR OF STOCKINGS TO TAKE HOME SO THAT YOU CAN WASH THEM. YOU CAN REMOVE THE STOCKINGS FOR UP TO HALF AN HOUR PER DAY TO HAVE A SHOWER.

## HOW DO I MANAGE MY OPERATION WOUNDS?

THE WARD NURSES WILL REMOVE YOUR DRESSINGS AND INSPECT YOUR WOUNDS BEFORE YOU ARE DISCHARGED. IF REQUIRED THEY WILL REDRESS THE WOUNDS AND TELL YOU WHEN YOU CAN REMOVE THEM. IF THE WOUNDS ARE CLEAN AND DRY THEY CAN BE LEFT EXPOSED TO THE AIR. YOU MAY SEE A PURPLE MARK ON THE WOUND; THIS IS SKIN GLUE AND WILL STAY IN PLACE UNTIL THE WOUND IS HEALED. THERE ARE NO STITCHES OR STAPLES THAT NEED TO BE REMOVED.

IF YOU HAVE ANY SIGNS OF INFECTION SUCH AS REDNESS, HEAT, PAIN OR SWELLING AROUND THE WOUND SITES YOU SHOULD SEE YOUR PRACTICE NURSE OR GP AS YOU MAY REQUIRE ANTIBIOTICS.

YOU MAY BE DISCHARGED HOME WITH YOUR WOUND DRAIN IN PLACE. IF THIS IS THE CASE YOU WILL BE PROVIDED WITH FULL CARE INSTRUCTIONS PRIOR TO DISCHARGE. ONE OF THE SPECIALIST NURSES WILL CONTACT YOU BY TELEPHONE ON A REGULAR BASIS AND ADVISE YOU WHEN THE DRAIN IS SAFE TO BE REMOVED. REMOVAL CAN BE DONE BY THE DISTRICT NURSE OR WE WILL ARRANGE FOR YOU TO COME BACK TO THE HOSPITAL FOR THIS TO BE PERFORMED. THE DISTRICT NURSES WILL HELP YOU TO MANAGE YOUR DRAIN WHILST YOU ARE AT HOME.

## WHEN WILL I BE FOLLOWED UP?

YOU SHOULD RECEIVE AN APPOINTMENT FOR YOUR CATHETER REMOVAL BEFORE YOU LEAVE THE WARD. YOU WILL RECEIVE AN APPOINTMENT TO COME BACK AND SEE YOUR CONSULTANT APPROXIMATELY 6 WEEKS AFTER YOUR OPERATION TO GO THROUGH THE HISTOLOGY AND TO CHECK ON YOUR RECOVERY. SOMEONE WILL CONTACT YOU BY TELEPHONE A FEW DAYS AFTER YOU HAVE GONE HOME TO CHECK HOW YOU ARE DOING AND YOU WILL BE CONTACTED AGAIN FOLLOWING YOUR CATHETER REMOVAL.

## DISCHARGE FOLLOWING YOUR RALP

### PATIENT CHECKLIST

BEFORE BEING DISCHARGED PLEASE CHECK WITH YOUR NURSE THAT YOU HAVE THE FOLLOWING ITEMS:

- ENOUGH DALTEPARIN TO COMPLETE YOUR FULL 28 DAY POST-OPERATIVE COURSE
- A SHARPS BOX
- BLOOD TEST REQUESTED FORM FOR A PLATELET CHECK
- 2 PAIRS OF TED STOCKINGS
- AN APPOINTMENT DATE FOR YOUR TRIAL WITHOUT A CATHETER (TWOC)
- THIS FAQ INFORMATION SHEET
- SPARE LEG BAG/S AND STRAPS
- ENOUGH DISPOSABLE NIGHT BAGS TO LAST UNTIL YOUR TWOC
- A NIGHT BAG STAND
- 3-4 SPARE DRAIN BAGS (IF APPLICABLE)

BEFORE BEING DISCHARGED ENSURE YOU ARE TAUGHT:

- HOW TO ADMINISTER DALTEPARIN
- HOW TO CARE FOR YOUR CATHETER
- WOUND CARE, INCLUDING SIGNS OF INFECTION
- HOW TO CARE FOR YOU DRAIN (IF APPLICABLE)
- WHO TO CONTACT IF YOU HAVE ANY CONCERNS