

## **LAPAROSCOPIC RADICAL PROSTATECTOMY PRE SURGICAL INSTRUCTIONS**

### **PRE-ADMISSION TESTING AS AN OUTPATIENT:**

- Lab work drawn
- History and physical by your doctor
- Chest X-ray
- Electrocardiogram
- Surgery consent and blood transfusion consent signed (1-2 units autologous blood)
- Speak with anesthesiologist
- Clear liquid diet the entire day before surgery, then nothing after midnight
- Receive instruction on procedure and have questions answered
- Fleets phosphosoda 1.5 fl. Ounce orally day before surgery-around 12 noon
- Fleets enema night before surgery

### **DAY OF SURGERY YOU CAN EXPECT TO:**

- Be instructed to report to the Out-Patient Care Pavilion
- Meet the nurse on arrival to your room and answer some questions
- Travel on a litter to the Operating Room
- Have an intravenous inserted for fluids
- Tight fitting stockings on your legs

### **AFTER SURGERY:**

- You will have a urethral catheter in your bladder
- Temporary drain in your pelvic area
- Sips of water as tolerated
- Get out of bed in the evening
- Cough and deep breath sessions and to use a device called an incentive spirometer to help you deep breathe to prevent pneumonia
- A tentative discharge plan is discussed

### **POST OPERATION DAY #1:**

- Tube in your bladder which you will go home with
- Temporary drain to have drainage which is usually removed on Post Operation Day #2
- Sips of clear liquids for breakfast and advance diet as tolerated
- Oral pain medicine started
- Start home care instructions and teaching
- Speak with Social Worker and/or Case Manager about any concerns if needed

## **POST OPERATION DAY #2:**

- Ambulate in hallway
- Have the penile urethra catheter with which you will go home
- Temporary drain will come out if drainage is minimal
- Eat at regular diet
- Instruction in the use of a leg bag for the tube in your bladder
- Complete discharge instructions
- Possible discharge to home

## **POST OPERATION DAY #3:**

- Tube in your bladder which you will go home with
- Temporary drain comes out
- Regular diet
- Discharge instructions completed
- Scheduled follow up appointment with doctor in 2 to 3 weeks
- Discharge home
- Foley catheter remains in for 2 to 3 weeks after discharge
- Bring sanitary pad to follow up doctor appointment
- The urethral catheter is removed 14 to 21 days after the operation.

## **DISCHARGE INSTRUCTIONS:**

- May shower
- No driving until catheter is removed
- No lifting greater than 5 to 10 pounds
- Wound care: Keep clean and dry except when showering
- Milk of Magnesia for constipation
- Call for fever greater than 101°, wound erythema or increased tenderness, nausea and vomiting
- Percocet or Vicodin for pain; May try Motrin or Advil for initial pain relief
- Normal for some leakage around Foley Catheter
- Eat foods high in fiber, drink lots of water to keep bowel function smooth, such as whole grain bread, whole cereal
- Colace to soften stool