



UROLOCARE HOSPITALS

(Pty) Ltd. Reg. No/nr. 2001/005764/07

PROSTATECTOMY

Home education

1. Prevent constipation
2. Maintain high fluid intake: water, coffee, tea – normal diet
3. Avoid lifting anything heavy
4. Avoid driving or being driven in a vehicle. Limit mobility
5. Try not to sit or walk too much, especially during the first 3–4 weeks
6. Monitor wound site for abnormal redness/swelling – report changes immediately!
7. Notify your doctor if your temperature reaches 38°C or higher
8. You will go through a bladder rehabilitation period until sufficient control is gained. There may be a measure of incontinence, this condition can be cleared up with sufficient medicine and exercise
9. Follow up appointments are important. Regular PSA blood levels will be done and you will be supplied with a follow-up date
10. Complete prescribed medication
11. Postpone sexual activities for 4 weeks if you are discharged with a urethral or suprapubic catheter.
12. The personnel in the ward will explain the necessary care and procedures upon discharge
13. A leg bag and night urine bag will be supplied with the necessary information on how to use them
14. Catheter care with water and soap to be done at home until the removal of the catheter.

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