

# Discharge Instructions: Radical Prostatectomy

## Activity

- You may take a shower- do not take a tub bath until after the removal of your Foley catheter.
- Clean your incision every day.
- You may walk up and down stairs and outdoors; increase your activity each day, as tolerated.
- When sitting, prop your feet up on a stool or sit in a recliner to keep your feet elevated to prevent swelling in your lower legs. If swelling occurs, lie in bed and put your feet on pillow higher than your head.
- You may drive your car when you are no longer using pain medications.
- Do not lift anything heavier than 5 pounds. (six-pack of soda).
- Do your Kegel exercises every hour while you are awake.
- Follow the Foley catheter care as instructed, and in “Your Pathway to Recovery” folder.
- Attach your Foley catheter to the leg bag when you are up, or the large bedside drainage bag when lying down. **Keep both bags below the level of your stomach.**

## Diet

Return to your usual diet. Drink 5 to 6 glasses of water/juice every day. Keep urine pale yellow. Eat foods high in fiber (whole grain bread and cereal), raw fruit and vegetables with the skin on to prevent constipation.

## Equipment & Supplies

Leg bag, bedside drainage bag, incentive spirometer, and an extra stat lock.

## Medication to Take at Home

### Prescription

- Ciprofloxacin 500 milligrams (mg): To prevent infection, take 1 tablet by mouth 2 times a day for 3 days. Begin this medication 1 day before your visit to the GU center to have the catheter removed.
- Oxybutynin chloride (Ditropan®) 5mg: Take 1 tablet by mouth every 8 hours as needed for bladder spasms.
- Hydrocodone/Acetaminophen (Lortab®) 7.5/500mg: Take 1 tablet by mouth every 4 hours as needed for moderate pain that scores 4 or more on a scale of 1 to 10. (0 - no pain, 10 - worst pain).

### Over the counter

- Acetaminophen (Tylenol®) 500mg: Take 1 or 2 tablets by mouth every 4 hours as needed for mild pain score of less than 4.
- Aspirin 81 mg: Take 1 tablet by mouth every day for 1 month to prevent blood clots
- Docusate (Colace®) 100mg: Take 1 capsule by mouth 2 times a day for 1 month as needed, to prevent constipation.
- Milk of Magnesia: Take 30 milliliters (ml) once a day as needed, if constipated or straining at stool.
- Ferrous sulfate (iron) 325mg: Take 1 tablet by mouth 3 times a day for 1 month if your hemoglobin is less than 10 when you are discharged.

## Other Orders

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## When to Call

Call for:

- ✓ **fever of 100.4°F (38°C) or higher**
- ✓ foul-smelling discharge from the wound
- ✓ tenderness or redness at the wound
- ✓ sudden onset of shortness of breath, leg swelling, chest pain, altered mental status (confusion, disorientation, sleepiness), blood in your urine, nausea, vomiting, abdominal pressure, or severe constipation

## Contact Numbers

If you have any questions or concerns, please contact the urology clinic at **716-845-3159** between 8:00 a.m. and 5:00 p.m. on weekdays. Nights, weekends, and holidays, please call the Roswell Park at **716-845-2300** and ask for the surgical fellow on call.

Prescriber Signature/Stamp: \_\_\_\_\_

Date/Time: \_\_\_\_/\_\_\_\_

RN Signature/Stamp: \_\_\_\_\_

Date/Time: \_\_\_\_/\_\_\_\_

I have received a copy of the discharge instructions and I understand the contents

Patient Signature: \_\_\_\_\_ Family Signature: \_\_\_\_\_

Date/Time: \_\_\_\_/\_\_\_\_