



Discharge Instructions Following a Suprapubic Prostatectomy

You have just had your prostate removed through an incision on your abdomen. Some patients are sent home with a foley catheter (a hollow tube which drains urine from your bladder through the penis) or a suprapubic tube (a hollow tube which drains urine from your bladder through the lower abdomen), while others go home urinating on their own. If you still have your catheter, you will also receive a set of instructions regarding catheter management.

1. After your surgery, it is common to have some blood in the urine. The urine may appear pink or even red. If you start to notice thick blood or many blood clots in the urine, call your physician. Otherwise, drink a lot of fluids in order to dilute the urine well. If you no longer have any tubes to drain your urine and are unable to urinate or you feel abdominal fullness, sitting in a tub of warm water (sitz bath) may help; if not, call your physician.
2. Call your physician if you have a fever over 101°F.
3. You may experience weakness after you go home; this is normal. You will slowly regain your strength, during which time you may *gradually* increase your level of activity. Do not exercise, lift heavy objects, drive, or resume sexual activity until you are told to do so by your physician.
You may walk around and even climb stairs, carefully.
Do not allow yourself to become constipated, as straining may cause bleeding. Take stool softeners (eg. Colace) or a laxative (eg. Senekot, ExLax) if needed. Pain medications may exacerbate constipation. If you are using these medications, try to use only that which you need for pain control. If Extra Strength Tylenol is adequate to control your pain, this is an excellent choice, as this does not cause constipation.
4. You probably have staples holding together your incision. You may or may not still have a dressing over this incision when you are discharged home. If your incision “oozes” a small amount of clear liquid, do not be alarmed. If this drainage increases significantly or becomes thick, and the area around the incision looks very red, call your physician (a small amount of redness just around the incision is normal).
5. If you were sent home with a tube draining your urine through your lower abdomen (a “suprapubic tube”), the area *around* the tube may ooze a small amount of clear or bloody drainage; this should not be of concern.

6. Most patients are discharged home with a few days of antibiotics. Take these pills as instructed. If you miss one dose, resume with the next dose and complete the entire course of therapy.
7. After you arrive at home, call your Urologist's office to arrange a follow-up appointment.