

Please contact the urology specialist nurse at Bedford Hospital on 01234 792624 to let them know if you have to be recatheterised, so they can plan the appropriate follow up.

### Follow up

You will be seen in the outpatient department by the urology specialist nurse approx. six weeks after your operation. You will also see the consultant approx three months after your operation. Your appointment will be arranged before you leave the ward or if it is the weekend, sent to you by post.

### What can I do and when?

Please remember, that even though you haven't got a wound you have had major surgery and it is important to take it easy especially in the first few weeks. It is quite normal to feel a little "flat" or "down" for the first week.

### Clots

You may notice the urine is a pale rose colour for a while and there may be some clots passed.

### Driving

Do not drive for one month after the operation.

### Work

You can return to work after one month. However if you have a heavy manual job you may need longer.

### Drinking

Do drink plenty, at least three to four pints of water/squash a day, especially while you have a catheter in. Once it is removed continue to drink plenty but if you need to get up too frequently at night, drink the majority before 6pm but don't stop drinking altogether in the evening.

### Exercise

For the first two weeks keep physical exercise to a minimum. Short walks less than one mile is all right. Anything active e.g. digging and lifting heavy items should be avoided for three weeks. Sports such as golf, swimming cycling may be resumed after one month.

### Sex

You should be able to continue a normal sex life but please wait six weeks before having intercourse. One consequence of the operation is that your sperm goes back in the bladder when you ejaculate, rather than out the normal way so your fertility will be affected. You may notice your urine is cloudy the next time you pass urine.

### Medication

If you were prescribed **antibiotics** please take all the tablets in the course. This will prevent the infection returning. If you are prescribed **aspirin** but asked to stop taking it before your operation, it is safe to start taking it again after one week.

To receive this information in an alternative form or for more information, please contact:

Urology specialist nurse: 01234 792624

Tavistock Ward: 01234 792270

## Urology

### Day Case Prostrate Surgery



Information for patients about to have Day Case prostate surgery.

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## Day case Prostate Surgery

You have decided to have surgery on your prostate as a day case patient. You may hear this operation referred to as a 'Gyrus'. This is because Gyrus is the name of the company who makes the machine, which is used to remove some of the prostate. An instrument is passed along the water passage (urethra) via the penis, and the excess prostate is removed. This makes the urethra wider, allowing you to pass urine more freely.

### Benefits:

The technology the machine uses means that bleeding is minimised, so that care required after the operation is reduced and recovery is quicker.

### Alternatives:

- Drugs, use of a catheter or stent.  
Transurethral resection of the prostate.

### Before you are admitted

Please stop taking any aspirin one week before your operation.

You will visit the hospital, to be seen by the doctor and the nurses about a week before your operation to make sure you are fit for surgery and to answer any questions you may still have.

### What happens on the day of the operation?

An anaesthetist will assess your general health and advise you on an appropriate anaesthetic. Just before the operation you will be asked to put on a theatre gown. Your named nurse will escort you to theatre.

### What happens after the operation?

When you arrive back on the ward the nurses

will check your blood pressure and pulse at regular intervals. You will have a tube coming out of your penis called a catheter. This is secured in the bladder by an inflated balloon and it will not fall out. Attached to the catheter is a bag of irrigating fluid, which runs via the catheter into the bladder and out into a drainage bag. This fluid washes out the blood clots and debris from the operation. The irrigation fluid will wash out your bladder until the urine looks normal colour and then it will be disconnected

You also will be given fluid via a tube in your arm (drip), which will be removed once you start to drink. You may start light refreshments when you feel less drowsy.

You will be seen by the doctors in the late afternoon and discharged home. Very occasionally we will advise that you to stay overnight with us and then go home the following morning.

### Going home after Gyrus prostate surgery

You will go home after your surgery with your catheter still in. A district nurse will telephone you, on the day of discharge, to see how you are. They will arrange to visit you in the next couple of days and discuss when they will remove the catheter.

### Caring for your catheter at home

You will be taught how to care for your catheter before you are discharged from hospital and should be given the necessary equipment and a leaflet entitled "Going Home with a Catheter."

### What to look out for once at home

You may experience some blood in the urine for a few days after discharge and this is normal providing it is a pale red/pink colour.

If the urine becomes very dark red or becomes 'thick' with *lots* of blood clots in it please inform your district nurse or GP. The catheter will drain urine continually and the bag should need emptying every two to three hours

If no urine drains - Is the tubing kinked? Is the bag below bladder level? Is the drainage bag connected the right way up? Have you been drinking? Try walking around as this may dislodge a blockage.

If nothing drains for four hours or you are in pain contact the district nurse on the emergency number given to you.

Below are lists of symptoms that may indicate a urine infection and you will need to contact your GP or district nurse

- You have a high temperature. Your urine becomes dark red with clots;
- You feel unwell;
- You feel cold and shivery;
- Your testicles become hot, red, swollen or painful.

Please note it is normal to have some blood in the urine when you first have your bowels open, or if you subsequently have to strain to have them open. Please try to avoid constipation by having lots of fruit and vegetables and drinking plenty.

### Removal of the catheter

Your district nurse will remove the catheter at home, between two and five days after your operation. They will arrange a day to visit you in the morning and remove the catheter and will visit again in the afternoon to check that you are passing urine all right.