

General information

Urine leakage mainly occurs during physical activity as well as when standing up, bending down or when coughing, laughing and sneezing.

- Spread the amount you drink (approx. 1.5 –2 litres per day) throughout the entire day so that the majority of urination does not occur during the night.
- When laying down, your bladder can hold a certain volume of urine, so for the most part you will not need to use pads at night. However, place a portable urinal by the bed at the beginning to be on the safe side.
- Sporting activities, which use the abdominal muscles, can be carried out again approx. six weeks after the catheter is removed.

- Slight blood admixtures in the urine are quite possible initially and are quite safe. In the case of severe bleeding (urine is raspberry red with clots forming), pain or sudden bladder behaviour, you should visit our department/outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery

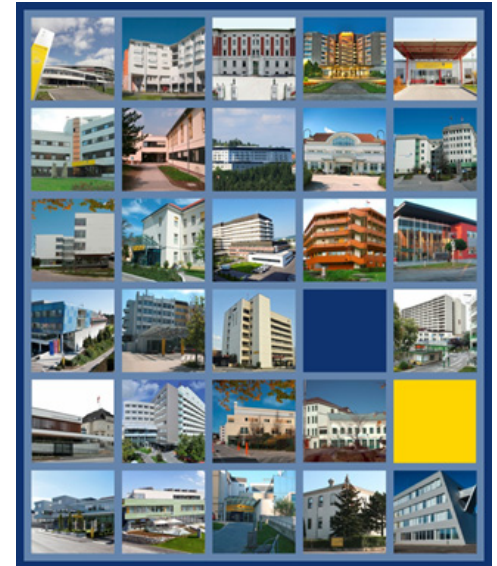
Your urology team

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Prostatektomie

Urology

Discharge information



Behaviour after a radical prostatectomy

Behaviour after a radical prostatectomy

Dear Patient,

You have undergone a radical prostatectomy and the prostate, seminal vesicles and internal sphincter muscles have been removed. The external sphincter muscle (pelvic floor) has been preserved.

When the urinary catheter is removed, it is very likely that you may temporarily lose urine. However the extent and duration varies depending on the patient.

For the most favourable treatment outcomes and to minimise any delayed bleeding from the surgical wound and complications as much as possible, you should observe the following guidelines for six weeks from the day of discharge:

- Drink plenty of fluids
- Avoid pressing during bowel movements (stool should be soft)

Behaviour after a radical prostatectomy

- Avoid long car journeys, cycling trips (including exercise bike) and tractor journeys
- Physical rest; do not lift more than 5 kg, do not take part in activities or sports which may increase the pressure in the lower abdomen, avoid gardening
- Avoid sexual intercourse
- Avoid full baths (showers are permitted), saunas, steam baths, swimming pool visits and spa treatments
- Do not take any blood-thinning medications for at least two weeks unless otherwise instructed by your doctor
- Refrain from alcohol

In order to regain control of your bladder function quickly, you should carry out the following **bladder sphincter muscle training** after the catheter is removed:

Behaviour after a radical prostatectomy

- Try to feel the sphincter muscle by squeezing it as if you are trying to break the flow of urine. Hold the tension for ten seconds each time, and then relax.
- If this exercise is not successful then squeeze the anus, pull it inwards and upwards, and hold the tension for 10 seconds.

These exercises should be carried out 100 times throughout the day.

So that you are restricted as little as possible in your activities, **medical aids** are available to intercept involuntary leakages of urine. The nursing staff caring for you will train you in using the specific models.