

**MURDOCK UROLOGY ASSOCIATES**

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**POST RADICAL PROSTATECTOMY  
~ HOME CARE ~**

1. Drink 8 to 12 glasses (2000 to 3000 ML, or 64 to 96 ounces) of fluid a day.
2. You will be discharged with a Foley catheter in your bladder. Often, the catheter is left in places for 2 to 3 weeks. It is connected to a leg bag for easy mobilization. Secure the leg bag to the thigh. You may re-hook the catheter to the large drainage bag before going to bed.
3. Care of your Foley:
  - # Empty drainage bag once every 8 hours or as soon as it is full.
  - # Always keep the drainage bag lower than the catheter and check the tubing for kinks. This will prevent old urine from flowing back up into the bladder.
  - # Always wash hands before and after Foley care.
  - # Clean around your catheter daily with soap and warm water, apply topical neosporin or bacitracin ointment.
4. Should blood appear in your urine, increase fluids. If it continues, contact your physician.
5. Notify your physician if pain in the lower back or abdomen occurs, cloudy or foul-smelling urine, chills or fever, poor appetite or lack of energy.
6. Avoid taking aspirin, anti-inflammatory drugs and blood thinners until allowed by your physician.
7. Call your physician immediately if swelling of your leg(s) occurs or for any shortness of breath, unexpected cough and/or chest pain.
8. Do not use suppositories.
9. With increasing activity, some urine may come around the catheter.
10. From time to time you may have an urge to urinate or experience a bladder spasm.
11. If you are discharged with a dressing/bandage, see instructions below.

**ACTIVITIES:**

1. You may walk around freely, rest in bed **only when tired**.
2. You may go up and down stairs a couple of times a day.
3. Practice Kegel exercises.
4. You may shower.
5. Wear comfortable, loose clothing.
6. Consult your physician before returning to work or driving.
7. Avoid heavy lifting. Check with your physician for specifics.
8. Call your physician for an appointment.

**DIET:**

1. You may resume a regular diet.
2. You may want to consider fruits and bran to assist in keeping regular bowel movements.
3. If you were on a special diet prior to surgery, resume that diet, i.e. diabetic or cardiac diet.

**MEDICATIONS:**

1. Check with your physician about resuming medications that you were taking prior to surgery.
2. Take each medication as ordered by your physician, i.e. pain medication.
3. Take an over-the-counter stool softener or laxative of your choice.