



## Patient Information

# Trial without Catheter (TWOC) after Radical Prostatectomy

You will be given an 'After Radical Prostatectomy Leaflet' from Southmead Hospital following your operation; these guidelines are specific to urinary catheter removal at The Great Western Hospital, Swindon.

### **Catheter removal**

You will receive an appointment to attend The Great Western Hospital in Swindon. You will attend as an outpatient approximately 10 days to two weeks after your operation.

After removal of your urinary catheter, you will experience a degree of incontinence; you may be very wet and have no capacity to hold urine in your bladder to begin with. This will improve over time. Regaining bladder control may take a few weeks, months or in some cases up to two years.

### **Pelvic Floor Exercises**

Pelvic floor exercises should have been explained to you prior to your surgery and you will have been given a Prostate Cancer UK leaflet about them: Pelvic Floor Muscle Exercises.

You need to do these exercises now.

### **Incontinence Pads**

You will need to purchase these after you have used the pads provided by the Urology –Oncology team.

### **Follow up**

- You will attend a follow up appointment with the Specialist Urology team in Swindon six to eight weeks post-surgery and then three monthly for the first year, then six monthly for year two and then yearly.
- Progress will be monitored by measuring of the Prostate Specific Antigen (PSA) blood test. We expect PSA to be, less than 0.1ng per ml. At your first appointment your recovery will be assessed including wound healing, appetite, pain, continence, bowel function and erectile function.



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- Problems with erectile function are common and will depend on the type of your surgery as to whether function may return to normal.
- If recovery of erectile function is important to you, it is advisable to start treatment shortly after your urinary catheter has been removed. You can seek advice from your General Practitioner (GP) or at your hospital appointment with your health care team.
- You should not drive for four to six weeks after surgery and you will need to be able to perform an emergency stop without experiencing pain prior to driving. It is also advisable to inform your insurance company that you have undergone surgery.
- You should not do any heavy lifting (nothing heavier than a kettle of water) for at least four to six weeks after surgery.

**For more Information please contact the Urology - Oncology Macmillian Clinician Nurse Specialists on:**

Tel: 01793 605917 (Monday – Friday 08.30-16.30)

Email: [gwh.uro.onccns@nhs.net](mailto:gwh.uro.onccns@nhs.net)

### **Further Information: Prostate Cancer Charity**

Free confidential Helpline: 0800 074 8383, Monday to Friday 10am - 4pm  
plus late night Wednesday 7pm - 9pm

Email: [info@prostate-cancer.org.uk](mailto:info@prostate-cancer.org.uk)

Web site: [www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)

Tel: 020 8222 7622 Fax: 020 8222 7639

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

#### **Document Control**

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