

Getting Ready for Your Prostate Surgery

You have an appointment for surgery to remove your prostate. This factsheet provides information that you need to know and explains how to get ready for surgery.

If you have questions, contact us through your MyChart account or call: _____.

What You Need to Know

Surgery date: _____

Surgeon: _____

Location: _____

Your surgery will take about 2-3 hours and you will spend the night in the hospital.

You can have visitors after your surgery. Check with your nurse about the current visitor policy for the number of visitors, hours, and age requirements for children.

You will have a catheter for about 2 weeks after your surgery.

You will need to avoid lifting items over 10 pounds, driving, and other activities that may impact your work for 6 weeks. Your care team can answer questions about activities you should avoid.

What You Need to Do

Follow these steps to help us make the surgery as safe and comfortable as possible.

- Begin doing Kegel exercises. See the attached sheet titled *Kegel Exercises*.
- Call us if you have any symptoms of COVID-19 or get exposed to someone with COVID-19 within 2 weeks of your surgery.
- If you live more than an hour away, arrange for a place to stay the day after we release you from the hospital. You will need to stay the night close to the hospital.

Medicines

You may need to stop taking some medicines or change the type or amount you take. Check with your doctor to know which medicines to stop and when. You may need to contact your other doctors to discuss these medicines.

Be sure that your surgical team knows all of the medicines you take, including over-the-counter medicines as well as herbs and supplements. If you take a blood thinner, your surgery team will give you specific instructions.

Use space below for notes:

The Day Before Your Surgery

- The scheduler from the operating room will call you after 2 p.m. to let you know what time to check in for your surgery.
- Prepare to spend the night in the hospital. Pack items that will help you be comfortable. Leave valuable items at home or with a loved one.
- If you wear glasses, contacts, hearing aids, or dentures, bring any products and a container to clean and protect them.
- Plan to not eat or drink anything after midnight.

The Day of Your Surgery

- Do not eat or drink anything unless told otherwise by your nurse. You can brush your teeth, but do not swallow any water.
- Plan so you can arrive on time for your check-in time.
- You can shower before you come, but do not put on any deodorant, lotion or other creams or oils.