

## Chilliwack General Hospital Day Care Surgery Discharge Instruction Sheet

### Laser Vaporization of the Prostate

Description	<p>Laser Vaporization of the prostate involves the surgical removal of the inner portion of the prostate. A long slender lighted tube is passed through the urinary passageway (the urethra), to reach the prostate gland. A laser is inserted through the lighted tube to remove the prostate gland. A foley catheter is inserted into the bladder to help drain the bladder following surgery.</p> <p>You will not have to pass your urine while this tube is in place. It is held in place by a small balloon inflated with water so it will not fall out with normal activity such as walking.</p>
Bladder Care	<p>Your urine may be blood tinged for two or three days. The bleeding will gradually decrease and the catheter will be removed in 1-3 days.</p>
Special Care	<p>Wash your hands before and after handling catheter or drainage bag. Wash around the catheter with soap and water twice a day. A small amount of drainage around the catheter is normal. Empty the bag as necessary directly into the toilet. At night you may take the leg bag off by disconnecting it between the end of the catheter and the plastic connector on the tubing. Connect the tubing from the night drainage bag into the catheter. Hang the bag as low on the bed frame as possible or place it on the floor beside the bed. Clean the bag each time you remove it.</p> <p>To clean bags: Place the open tubing end under the tap and rinse with water. You may use a couple of drops of dish soap to rinse through. When the bag is empty of soap and water, add 2 ounces of a vinegar solution (one part vinegar to two parts water). Leave solution in the bag. It is not necessary to remove this solution prior to reusing bag.</p>
Diet	<p>Resume your normal diet. Increase your fluid intake by 6 eight ounce glasses per day. Avoid alcohol and limit caffeine (i.e. coffee, tea, cola, chocolate). Prevent constipation and straining by increasing your fibre intake (i.e. whole wheat breads, vegetables, and fruit).</p>
When to Call Your Surgeon or Family Doctor	<p>If your catheter stops draining or it is pulled out.</p> <p>If you have cloudy or foul smelling urine.</p> <p>If you have a sharp abdominal pain, fever, or chills.</p>

IF YOU CANNOT REACH YOU DOCTOR OR SURGEON, GO TO EMERGENCY DEPARTMENT

Pain Control

You may have some discomfort or minor irritation around the catheter. Take pain medications as prescribed.

Activities

You may shower, but avoid baths, hot tubs, and swimming pools. Dry area around catheter well following shower. You may resume normal activities (i.e. walking). Avoid strenuous activities for 4 weeks. Avoid sitting for long periods of time. Avoid sexual intercourse for 6-8 weeks. Discuss any further questions about specific activities with your surgeon.

Medications

(\_\_\_) Prescription written.

Special Instructions:

---

---

---

Follow-up

See Dr Goodman at \_\_\_\_\_ in \_\_\_\_\_ weeks.  
Phone 604-792-6512 for a specific time.

**CALL YOUR FAMILY DOCTOR OR SURGEON IF YOU HAVE ANY PROBLEMS**