

**MURDOCK UROLOGY ASSOCIATES**

Myron I. Murdock, M.D. F.A.C.S.

Jonah D. Murdock, M.D., Ph.D.

**INSTRUCTIONS AFTER LASER PROSTATECTOMY, RESECTION OF PROSTATE, AND RESECTION OF BLADDER TUMOR**

1. Drink 8 to 12 glasses (2000 to 3000 ML, or 64 to 96 ounces) of fluid a day.
2. If discharged with a Foley catheter and leg bag, secure the bag to the thigh. You may re-hook the catheter to the large drainage bag when going to bed if approved by your physician.
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, check tubing for kinks, as this will keep old urine from going back up into the bladder.
  - # Always wash hands before and after Foley care.
  - # Clean around the catheter with soap and warm water, apply neosporin or bacitracin ointment.
4. Should blood appear in the urine, limit activity and increase fluids.
5. Contact your physician if bleeding does not stop or the catheter does not drain.
6. Avoid taking aspirin, anti-inflammatory drugs and blood thinners until allowed by your physician.
7. Do not use suppositories.
8. Call your physician for a followup appointment.

**ACTIVITIES**

1. You may walk around freely, rest when tired.
2. You may shower.
3. Wear loose, comfortable clothes until catheter is removed.
4. Consult with your physician about returning to work.
5. Avoid heavy lifting and straining for one to two weeks.

**DIET**

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

**MEDICATIONS**

1. Take each medicine as prescribed.
2. Take an over-the-counter stool softener or laxative of choice as needed.
3. Take your pain medication as ordered by your physician.
4. Check with your physician about resuming medications that you were on prior to surgery.