

Do you want to know?

Benign Prostatic Hyperplasia/Prostatectomy

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What is it?

Benign prostatic hyperplasia (BPH) occurs when the prostate gland enlarges, extending upward into the bladder and obstructing the outflow of urine by staying on the opening of the bladder. It usually happens in men above 50 years of age. The most common signs and symptoms are: frequency (more frequent urination), nocturia (excessive need to pass urine at night), urgency (sudden urge to urinate along with discomfort in the bladder), abdominal straining, dribbling, interruption in the urinary stream, and a sensation that the bladder has not emptied completely (acute urinary retention). Prostatectomy is the surgical removal of the enlarged portion of the prostate gland.

What do you need to know?

Drugs



Use medications as prescribed by your physician.

Activity



- Do not sit for prolonged periods of the time. Sitting for a long time increases intra-abdominal pressure, discomfort, and possibility of bleeding.
- Remain on complete bed rest for the first 24 hours after the surgery then walk as instructed by your physician.

Therapeutic Measures



- Avoid rectal tubes, thermometers and enemas.
- Wear elastic stockings if ordered to reduce the risk of clotting in the major veins of the legs.
- Tape the urinary drainage tube (not catheter) to the inner thigh to prevent pressure on the bladder.
- Avoid pulling the catheter because this causes bleeding and subsequent catheter blockage.

- Perform the following exercise which may help in regaining urinary control after the surgery.
 - Tense the perineal muscles by pressing the buttocks together, hold this position then relax. It can be performed 10 to 20 times each hour while sitting or standing.
 - Try to interrupt the urinary stream after starting to void, wait a few seconds and then continue to void in order to regain urinary control.

Considerations



- Watch for dribbling after being discharged, it may gradually diminish. The urine may be cloudy for several weeks after the surgery.
- Avoid long motor trips, strenuous exercise, straining at defecation, and heavy lifting. These activities increase the tendency to bleed.
- Watch for signs of clotting in the veins of the legs such as swelling, hotness, and pain in the affected extremity.
- Watch for signs and symptoms of infection in case a wound is present such as increase in temperature, hotness, and drainage.
- Encourage water intake the first few days after the surgery if not contraindicated. You can go back to usual activities gradually.
- Consult your physician before taking any medication that causes blood thinning.
- Avoid intercourse (4–6 weeks) after operation.
- Avoid constipation.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.