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## WHAT TO EXPECT POST YOUR HOLEP PROCEDURE

This information explains what you may experience post your procedure and how to take care of yourself during this time.

### Expect:

- There is always some bleeding from the prostate after the procedure. Blood in the urine can last up to 2-4 weeks post your procedure
- The catheter is generally removed on the morning after surgery. The expected hospital stay is no more than one night
- Return to work can take up to 2 weeks post procedure but this depends on how your recovery is going, type of work and when you are comfortable. Dr Elmes rooms can provide you with a medical certificate if required.

### What to do:

- **Drink plenty of fluid**
- Take **Ural** for the first 2-3 days if you have penile pain during urination. This helps make your urine more like water and less like lemon juice (maximum sachets a day is 4)
- **Movicol** is available from your local pharmacy – used to avoid constipation
- **Oxytrol/Vesicare patch** - This is used if you have bothersome urgency and frequency, night-time urination incontinence/or penile tip pain. These can be used a maximum of 2 patches at any one time. *Side effects:* dry mouth, constipation, dry eyes, forgetfulness and rarely urinary retention
- **Endone** – prescribed strong pain relieving drug. *Side effects:* dry mouth, constipation, nausea/vomiting, dizziness, light headed (do not drive if affected)

### Avoid:

- Straining/strenuous activity and constipation for 4 weeks
- Driving long distance within first week

### Inform Dr Elmes' rooms if:

- Unable to urinate
- Heavy continuous bleeding +/- clots
- Fevers/unwell