

Having Your Robotic-assisted Laparoscopic Radical Prostatectomy at City of Hope



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Introduction

This information will give you an overview of what to expect when you have a robotic-assisted laparoscopic radical prostatectomy at City of Hope. At your various clinic appointments and during your hospital stay you will be given additional information and detailed instructions on how to prepare yourself for surgery and how to care for yourself at home after surgery.

The information can sometimes feel overwhelming so it is a good idea to have a family member or friend involved in your care and come with you to your appointments. If you have any questions or concerns about your care at City of Hope, please feel free to speak with any of our healthcare professionals.

Bring this booklet with you to every clinic appointment and hospital visit. Refer to it often so that you will know what to expect. There is a place in the back of the booklet to write down your questions or concerns to help you remember to discuss them your doctor, nurse or other health care provider.

Important phone numbers

Questions about your surgery date

Urology Surgery Scheduler 626-256 4673, ext 67100

Questions about your surgery time

The Pre-op nurse will contact you by 8:00 pm the day before your surgery or on Friday if your surgery is on Monday. If you have not been contacted by 8:00 pm, please call:

After hours and weekends: 626-256-4673

Ask for the Evaluation and Treatment Center at ext. 63228

Monday-Friday 8 a.m. to 6:30 p.m.: 626-256-4673

Ask for the pre-op nurse at ext. 61288

Schedule, change or cancel a clinic appointment

Clinic Appointment Center 800-934-5555

Contact your doctor

City of Hope Surgical Call Center 626-471-7100

Monday-Friday 8:00am to 5:00pm

Problems or questions about your care

City of Hope Nursing Triage Call Center 626-471-7133

Available 24 hours

Refill or renew prescriptions

City of Hope Prescription/Renewal Line 626-471-7134

Or call the pharmacy where your prescription was filled if other than City of Hope

Billing and insurance

Patient Business Services 800-270-4673

Your health care team

Surgeon

The surgeon leads your urology health care team, performs your surgery and coordinates your care.

Anesthesiologist

The anesthesiologist gives you medications during surgery to keep you as comfortable, safe and pain-free as possible.

Fellow

This physician is a trained urologist who performs various parts of your procedure and is a key team member especially during postoperative care.

Pharmacist

The pharmacist dispenses medications prescribed by your doctor and can provide you with information on the use of your medications.

Registered nurses

Registered nurses on your health care team are found in a variety of settings that includes, but are not limited to:

- Clinic nurses
- Operating room nurses
- Hospital nurses (also called bedside nurses)
- Case manager

Nurse practitioner

This is an advanced practice nurse with a Master's degree and additional training. The nurse practitioner may perform certain procedures and works with an individual doctor to assess and manage stable inpatients and outpatients.

Physician's assistant

The physician's assistant works under the supervision of and performs health care services delegated by a doctor to assess and manage stable inpatients and outpatients.

Registration representatives

Registration representatives, also called "schedulers," schedule clinic appointments and tests.

Surgery scheduler

This person schedules your surgery date.

Patient advocate

If you feel your physical, emotional or spiritual needs are not being met, please contact a patient advocate at Ext. 62285.

Other health care team members

Other team members you may meet are

- Clinical Dieticians
- Clinical Social Workers
- Spiritual Care leaders
- Physical/Occupational Therapists
- Others _____

Getting ready for surgery

Surgery date

The surgery scheduler will schedule your surgery and your pre-operative clinic appointments. Surgery is typically scheduled four to six weeks after your consultation appointment with your City of Hope doctor.

Pre-operative appointment

- Pre-op appointments are usually scheduled up to two weeks before the surgery. For patients traveling from another state, pre-op appointments are often a few days before surgery.
- During your pre-op appointments a nurse practitioner or physician's assistant will review your medical history and perform a physical examination. You will also have blood tests, X-ray and EKG and other tests if needed.
- A clinic nurse will ask you to sign forms for the surgery and tell you what to expect before and after surgery. In addition you may be asked to participate in a City of Hope clinical trial. Clinical trials are important part of City of Hope's mission. For more information on trials available, please see www.cityofhope.org/aboutclinicaltrials.
- Plan on about **2 ½ hours** for the pre-op appointment.

Medications

One week before surgery, stop taking these substances:

- Aspirin, ibuprofen (Advil, Motrin)
- Green tea
- Herbal preparations and vitamin supplements including glucosamine
- Blood thinners such as coumadin and clopidogrel (Plavix) may need to be adjusted or stopped. Please discuss with your doctor.

These substances can contribute to serious bleeding problems during surgery. Please discuss with your doctor if you have any questions.

Blood transfusions

Blood transfusions are usually not used for robotic assisted laparoscopic radical prostatectomy. However, you may choose to donate some blood or have someone else donate blood in case a transfusion is needed. Please speak with your doctor if you have objections to blood transfusion or have further questions.

Pre-operative instructions

These are general instructions. Your nurse will discuss specific pre-operative instructions with you during your pre-op appointment.

DAY BEFORE SURGERY

Diet

- A regular breakfast, lunch and then a light dinner are usually suggested, however, follow your doctor's instructions carefully.
- **Starting at midnight the night before no food or liquids are allowed.** If you must take medications, you may take them with a sip of water only.

DAY OF SURGERY

Medications

In general, you may take these medications with a sip of water:

- Blood pressure
- Heart
- Stomach (ulcers, reflux)
- Seizures or epilepsy
- Asthma

DO NOT take:

- Diabetes medication

* *These are general guidelines only. Your doctor will tell you which medications to take according to your specific situation.*

Notification of surgery time

The pre-op nurse will contact you between 3 and 8 p.m. the day before your surgery to let you know what time to arrive at the hospital. If your surgery is on a Monday, the nurse will call you on the Friday before.

It is important that we know how to contact you to let you know what time to come to the hospital. Please make sure we have up-to-date contact information, including cell phone number, hotel information and next of kin.

If the nurse has not called you by 8 p.m., please call:

Monday-Friday 8 a.m. to 6:30 p.m.: 626-256-4673
Ask for the pre-op nurse at ext. 61288

After hours and weekends: 626-256-4673
Ask for the Evaluation and Treatment Center at ext. 63228

Problems or questions

If you are unable to keep your appointment, have a cold, fever or an infection, or have been exposed to a contagious disease, please call the pre-op nurse or the Evaluation and Treatment Center.

On the day of surgery

What time to arrive

The pre-op nurse will call you the day before your surgery or the Friday before if your surgery is on a Monday, to tell you

what time to come to the hospital. Please allow extra time for parking and any unexpected delays. Go to the Admitting Office on the first floor of City of Hope Helford Clinical Research Hospital for check-in.

What to bring

- Wear comfortable clothes and leave all jewelry and valuables at home.
- Bring a list of all your medications and any Advanced Directives for Health Care information if you have it (Living Will, Durable Power of Attorney for Health Care, or Advanced Directives for Health Care).
- For your hospital stay you may wish to bring slippers, boxer-type shorts and personal care items. Also bring a change of clothes for when you go home. These should be very loose fitting and comfortable since you will be bloated after surgery. Oversized sweat pants are a good choice.

Waiting area for family

- Adult visitors may wait in the Helford Hospital second floor waiting area during your surgery.
- Children are restricted to the first floor Helford Hospital lobby and must be supervised at all times. Visitation Guidelines information is available at the Guest Services Desk.

The surgery

- Since 2003, City of Hope surgeons have been performing robotic-assisted laparoscopic prostatectomy using the state-of-the-art da Vinci robotic surgical system.
- For more information on the da Vinci prostatectomy, you can read about it and view an informational video on the City of Hope Web site at www.cityofhope.org/prostate.

- Our surgeons perform up to four robotic-assisted laparoscopic radical prostatectomy cases per day.
- The surgery typically takes about 2 ½ to 3 hours.

Blood loss during surgery

- A robotic-assisted radical prostatectomy patient at City of Hope will lose on average about 250 ml (about 8 ounces) of blood, which is 1/10 of what is traditionally lost in the open surgery.
- The need for blood transfusion occurs in approximately one out of every 100 patients.

Immediately after surgery

After surgery you will go to the Post Anesthesia Care Unit (PACU). This was also known as the recovery room. Specially trained nurses will monitor you closely while you recover from anesthesia.

You will stay in the PACU for about an hour after which you will be taken to one of the patient care units.

Your hospital stay

Room location

Prostatectomy patients are usually taken to East Unit B or 4 West as space permits.

Occasionally patients are taken to other patient care units in the hospital.

All rooms are private rooms and you will receive the same high quality care in any patient care unit.

WHAT TO EXPECT AFTER SURGERY

Catheter

You will have a catheter that goes into your bladder to drain urine. The catheter remains in place after surgery and is removed in about one week.

Drain

You will also have a soft rubber drain, called a Jackson Pratt or “JP” drain that goes into your abdomen to drain excess fluid from the surgical area. This is usually removed before you go home.

Incisions

There will be six small incisions on your abdomen, including the drain site. These are where the surgical instruments were inserted.

Diet

You will start with a clear liquid diet the day after surgery and then advance to a regular diet as tolerated.

Activity

You will be able to get up out of bed and walk on the same day as surgery. Activity is encouraged and will speed your recovery.

Pain management

Your nurse will closely monitor your pain level and work with you and your doctor to make sure you are as comfortable as possible.

Length of stay

Most patients go home the day after surgery, or the following day if the surgery was late in the day or if you need additional observation or care.

Going home

Discharge teaching

- Your nurse will teach you how to care for yourself when you are at home. This usually includes taking care of your Foley catheter, how to change the drainage bag, and how to care for the small incisions.
- You will be taught what problems to watch for and how to get help if they occur.
- It is always a good idea to include your spouse or another caregiver in the teaching sessions.

Prescriptions

- Patients are given prescriptions for pain medicine, a stool softener and an antibiotic when they go home. Follow the instructions for taking these medicines carefully.
- Your doctor will tell you if you should continue, stop or change any of your other medications. If you have any questions, please ask.

Home health nursing care

If you need a home health nurse, your nurse case manager will arrange one for you before you go home.

Scheduling your clinic appointment

- Your first clinic appointment will be five to seven days after your surgery.
- Your appointment will be scheduled for you and you should have this information by the time you are ready to leave the hospital. If you do not, please ask your nurse.

Post-operative instructions

This is general information on what you can expect after surgery. Your nurse will give you specific instructions before you go home.

Foley catheter

- You will have the Foley catheter for five to seven days after surgery.
- The catheter may be somewhat uncomfortable and inconvenient, but bearable. It should not prevent walking or light exercise.
- Expect the catheter to be removed at your next clinic appointment in five to seven days.
- If you have any questions about your catheter, please call City of Hope.

Activity/exercise

- Activity such as walking is encouraged and will speed your recovery.
- Light exercise is also permitted, however, you should not lift anything over 8 lbs. (about the weight of a gallon of milk) until approved by your doctor.
- You should also avoid any movements that pull on your incisions or cause pain.

Shower

- You may shower. This will not harm the catheter or incisions.
- You may not take tub baths or soak in a hot tub until the catheter is removed and incisions are healed.

Diet

- There are usually no diet restrictions after this type of surgery.
- We recommend that you avoid heavy meals until your bowel function is back to normal, usually after your first bowel movement after surgery.
- You should avoid gas-producing foods to reduce bloating.

Driving

We do not recommend driving right after surgery especially while you have the catheter.

If you must drive, you must meet two criteria:

- You must not be taking pain medication.
- You should be able to slam on the brakes hard if needed.

If pain or the presence of the catheter interferes with this, then you should not drive.

What else can I expect?

- You may notice pink-tinged urine or small clots in the drainage bag.
- You may have some urine leaking around the catheter.
- You may have some swelling and bruising of your scrotum.
- These symptoms are normal and expected, however call City of Hope if they become excessive.

PROBLEMS TO REPORT TO YOUR DOCTOR

Contact City of Hope if:

- You have a fever of 101.3 F (38.5 C)
- You have persistent or large amounts of blood in your urine, drain or entry sites.

- Your catheter is not draining.
- You have any pus-like or foul smelling drainage.
- You have continued nausea, vomiting or diarrhea.
- You have pain not relieved by medications, or your pain increases.
- You have pain or swelling in your legs.
- You have any questions or concerns.
- Your nurse or doctor will teach you what additional problems to watch for and give you written instructions on how to care for yourself at home.

How to contact City of Hope

Call the City of Hope Nursing Triage Call Center at 626-471-7133 if you have problems or questions.

Follow-up care

First clinic appointment

- First appointment within one week after your surgery.
- You should have started your antibiotics the day before your first clinic appointment and continue until the day after the appointment (three days total).
- Your catheter will be removed and the nurse will perform what is called a voiding trial to see if you can empty your bladder adequately. Expect a mild burning sensation the first few times you urinate after the catheter is removed.
- Your doctor will discuss the results of the pathology report and what, if any further treatments are needed.

- Since you may have some degree of difficulty controlling your urine after the catheter is removed, bring some type of absorbent pad (such as Depends for Men) and briefs-type underwear to help hold the pad in place.

Returning to work

When you return to work depends on the type of work you do and the rate of your recovery.

Many men can return to work in three to four weeks.

Ask your doctor when he or she thinks you can return to work.

Ongoing Recovery

Clinic appointments

You will be scheduled for additional clinic appointments to monitor your progress and address any issues that may arise. At your clinic appointments, you will be asked to fill out questionnaires regarding your recovery and well-being. These questionnaires are used to develop your plan of care.

You and your doctor may also discuss additional treatments if necessary, sexual function and continence issues.

See table 1 for a typical clinic appointment schedule.

In addition to the Duarte campus, City of Hope Medical Group urologists hold clinics in Beverly Hills, Lancaster, Pasadena and Santa Clarita. Patients who have received treatment at City of Hope and live some distance away from Duarte may find one of these clinics more convenient while enabling them to stay within the City of Hope Medical Group system, providing continuity of care and seamless follow-up.

Patients can simply call for an appointment.

Beverly Hills

(Future site)

Lancaster

44105 15th Street West #207

Lancaster, CA 93534

661-948-5167

(next to Antelope Valley Hospital)

Pasadena

50 Bellefontaine Street #104

Pasadena, CA 91105

626-396-2900

(next to Huntington Memorial Hospital)

Santa Clarita

23861 McBean Pkwy. #B-14

Santa Clarita, CA 91355

661-799-1999

(next to Henry Mayo Hospital)

Daily use of erectile dysfunction agents and recovery of sexual function

Currently there is no evidence that shows daily use of drugs such as Viagra, Levitra or Cialis improves upon the recovery of sexual function after prostatectomy. In addition, daily use is not usually covered by insurance, so if you choose to use these medications on a daily basis you may be responsible for the cost.

Please speak with your doctor to learn more about the potential benefits of daily use and please contact your insurance company to discuss coverage for the cost of the drugs.

Survivorship Clinic

As part of our commitment to quality patient care, the Prostate Cancer Program and Center for Cancer Survivorship will soon open a Survivorship Clinic to provide follow up care for eligible prostate patients.

A nurse practitioner who has expertise in prostate cancer treatment and care manages the Survivorship Clinic with physician oversight.

The following services will be provided:

- General health maintenance/promotion
- Follow up assessments to detect recurrence*
- Identification of complications and side effects of treatment**
- Screening for other cancers (as needed)
- Education, support and referral for psychosocial concerns after treatment
- Communication with community physicians as necessary

* *If recurrence, patient returns to attending physician.*

** *If complications and side effects, patient referred to specialist*

TABLE 1

Typical schedule for clinic appointments

1 Month Visit

- Patient typically seen by physician, nurse practitioner or physician's assistant to assess recovery progress.
- Identification and treatment of complications and side effects.
- Monitor for disease status.

3 Month Visit

- Patient typically seen by physician, nurse practitioner or physician's assistant to assess recovery progress.
- Identification and treatment of complications and side effects.
- Monitor for disease status.

6 Month Visit

- Patient typically seen by physician, nurse practitioner or physician's assistant to assess recovery progress.
- Identification and treatment of complications and side effects.
- Monitor for disease status.

Yearly Visit

- Patient typically seen by physician, nurse practitioner or physician's assistant to assess recovery progress.
- Identification and treatment of complications and side effects.
- Monitor for disease status.

Survivorship Clinic

Patients who are free of disease for at least one year post diagnosis may enter the Survivorship Clinic.

Patients are seen every six months up to five years by the Survivorship Clinic nurse practitioner and then seen yearly.

Alternatively, the patient may choose to be seen by their primary care provider or primary urologist.

Survivorship Clinic nurse practitioner provides:

- General health maintenance/promotion
- Follow up assessments to detect recurrence *
- Identification of complications and side effects**
- Screening for other cancers (as needed)
- Education, support and referral for post-treatment psychosocial concerns
- Communication with community physicians as necessary

* *If recurrence, patient returns to attending physician*

** *If complications and side effects, patient referred to specialist*

Resources

Sources for additional information about Prostate Cancer and Prostatectomy

City of Hope

Phone: 626-256-HOPE (256-4673)

Web site: www.cityofhope.org

American Cancer Society

Phone: 800-ACS-2345 (866-228-4327 for TTY)

Web site: www.cancer.org

National Cancer Institute

Phone: 800-4-CANCER / (800-422-6237)

TTY: 800-332-8615

Web site: www.cancer.gov

Intuitive Surgical (DaVinci Surgical Systems)

Phone: 888-868-4647

Web site: www.intuitivesurgical.com



1500 East Duarte Road
Duarte, CA 91010-3000
800-826-HOPE
www.cityofhope.org