

Radical prostatectomy preparation clinic

The aim of this leaflet is to answer any questions you may have about the prostatectomy preparation clinic. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

What is the radical prostatectomy preparation clinic?

This clinic has been set up to help you and your family prepare for your surgery. You will be attending the clinic with up to 15 other men and their partners who are also booked to have this same operation in the next month to six weeks. The clinic consists of a series of educational sessions designed to prepare you for your surgery and its after effects. Your surgeon has asked that you attend.

When is my appointment?

Date:

Time: This clinic is held at **10 am**. Please try to arrive on time so that other patients do not have to wait for you

Where do I need to go?

The Urology Centre
1st Floor, Southwark Wing
Guy's Hospital
Great Maze Pond
London SE1 9RT

Please inform the receptionist of your arrival and they will contact the nursing team who will show you to the Urology Seminar Room where the session will be held.

Who will I meet in the clinic?

You will meet the following members of the nurse specialist team:

- the prostate cancer clinical nurse specialists
- the continence nurse specialist
- the erectile dysfunction nurse specialist.

You will also meet a urology volunteer; this will be a man who has a radical prostatectomy and is willing to talk about his experience and answer questions.

How long should I expect my appointment to last?

You should expect to be in the clinic for up to two hours as this clinic combines three appointments that were previously spread over a number of days.

What can I expect in the clinic?

The sessions aim to answer the following questions and far more:

- What will happen to me while I'm in hospital and what should I expect when I get home?
- What is a catheter and how will I look after it once I get home?
- What are pelvic floor exercises?
- What continence products are useful after the operation and who will supply them?
- What activity/exercise can I do after the surgery?
- Will I be able to get erections after the operation?
- What treatments are available to help me get my erections back?

What will I need to bring to clinic?

- A list of any questions that you might have about your surgery.
- A list of your current medications.

Do I need to bring anyone with me?

Men often find it helpful to bring their partners or a family member with them to the appointment for support.

How long will I have to wait for an appointment?

You will usually receive an appointment at least two weeks before your operation date.

What if I can't make the appointment?

We strongly urge you to attend this appointment. Men that have previously been unable to attend have frequently found themselves unprepared for the surgery and the side effects afterwards. This clinic session aims to support you with continence advice and advice on regaining sexual function as early as possible.

Appointments at King's

We have teamed up with King's College Hospital in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at King's. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Contact us

If you or your family member would like more information, please phone 020 7188 7339 and ask to speak to the prostate cancer nurse specialists. If you need an interpreter, please let us know and we can arrange a one to one session for you with an interpreter present.

If you are not able to speak to a member of the specialist nurse team directly, please leave your details on the answering machine and they will get back to you.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas'

t: 020 7188 8803 at Guy's

e: pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017

e: members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk

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