

# 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 – it is in the format of a seminar rather than a clinical appointment. You will be attending the seminar with up to 15 other men and their partners, who are also booked to have the same operation in the next four to six weeks. The seminar is 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 10am.** 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, 1<sup>st</sup> 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 seminar?

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
- the research nurses.

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

## How long will the seminar last?

You should expect to be in the clinic for up to 2.5 hours as this seminar combines three appointments that were previously spread over a number of days.

## What can I expect in the seminar?

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 before and after the surgery?
- Will I be able to get erections after the operation?
- What treatments are available to help me get my erections back and when should I start using them?

## What will I need to bring to seminar?

- 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 – **it is certainly recommended.**

## How long will I have to wait for a seminar appointment?

You will usually receive an appointment within four weeks before your operation date.

## What if I can't make the seminar?

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 seminar session aims to support you with advice on continence, and regaining sexual function as early as possible. If you did miss the seminar, speak with your nurse specialist and they will supply you with the information you need. **We recommend you do not proceed to your surgery without this information.**

### Contact us

If you or your family member would like more information, please speak to the prostate cancer nurse specialists, **t:** 020 7188 7339. 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 with our call centre 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](http://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, Monday to Friday, 9am to 5pm

### **Your comments and concerns**

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)  
**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### **Language and accessible support services**

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

**t:** 020 7188 8815      **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### **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](http://www.nhs.uk)

### **Get involved and have your say: become a member of the Trust**

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

**t:** 0800 731 0319      **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)      **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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