



PROSTATECTOMY PREPARATION CHECKLIST

A Guide for Patients and Caregivers

Patient Information

Patient Name: _____

Surgery Date: _____

Surgeon: _____

Hospital/Surgery Center: _____

Important Contact Information

Surgeon's Office Number: _____

After-Hours/Emergency Number: _____

Hospital Phone Number: _____

Preferred Pharmacy: _____

Pharmacy Phone Number: _____

Follow-Up Appointment Date: _____

Step 1: Learn About Your Surgery

- Attend all preoperative appointments
- Complete required testing and lab work
- Review medications and supplements
- Understand activity restrictions
- Learn what to expect with the Foley catheter
- Know when to call your surgeon

Questions for Your Surgeon

How long will the catheter remain in place?

When may I drive?

When may I return to work?

What symptoms require a call to the office?

Step 2: Prepare Your Home

- Remove tripping hazards
- Create a comfortable recovery area
- Place commonly used items within easy reach
- Place a nightlight near the bathroom
- Prepare a comfortable chair or recliner

Step 3: Prepare for the Foley Catheter

- Learn how to empty the drainage bag
- Obtain a large bucket for the night drainage bag
- Purchase side-snap athletic pants or loose shorts
- Have slip-on shoes available
- Obtain absorbent pads if desired
- Purchase Neosporin® with Lidocaine (if approved)
- Learn how to secure the catheter tubing properly

Step 4: Stock Your Kitchen

- Water and non-citrus beverages
- Protein-rich foods
- Fruits and vegetables
- Oatmeal and soups
- Prunes or prune juice

Recovery Medications & Comfort Supplies

- Stool softener (if recommended)
- Miralax® or surgeon-recommended bowel regimen
- Acetaminophen (Tylenol®) if approved
- Prescription medications for pain, bladder spasm, muscle relaxants
- Neosporin® with Lidocaine (if approved)
- Simethicone (Gas-X®) if approved
- Medication organizer
- Written medication schedule

Step 5: Gather Recovery Supplies

- Thermometer
- Waterproof mattress pad
- 3–4 washable waterproof pads (36 x 36)
- Extra pillows, cushions
- Water bottle
- Lip balm
- Small pillow for ride home
- Tote bag for Foley drainage bag

What We Wish We Had Known

- Buy 3–4 washable waterproof pads before surgery
- Side-snap pants make catheter management easier
- A large bucket works well for the night drainage bag
- Start stool softeners 2-3 days before surgery
- A secure catheter is a more comfortable catheter
- Gas pain can be surprisingly uncomfortable—ask about Gas-X® and walk frequently

Step 6: Prepare Your Caregiver

- Review medications together
- Review follow-up appointments
- Plan meals for the first week
- Arrange additional help if needed

Step 7: The Night Before Surgery

- Confirm arrival time
- Review fasting instructions
- Pack your hospital bag
- Get a good night's sleep

Surgery Day Checklist

- Photo ID and insurance card
- Side-snap pants and loose shirt
- Slip-on shoes
- Lip balm
- Small pillow for ride home
- Phone charger
- Questions for the surgeon

Caregiver Reminder

You do not need to be a nurse to be an excellent caregiver. Being present, organized, encouraging walking, helping with medications, and providing emotional support are often the most important things you can do.

Southwest Institute for Infusion Therapy and Cancer Care (SWIT-PCa)

Empowering Patients and Caregivers Through Education, Advocacy, and Support.

Educational purposes only. Always follow your surgeon's instructions.