

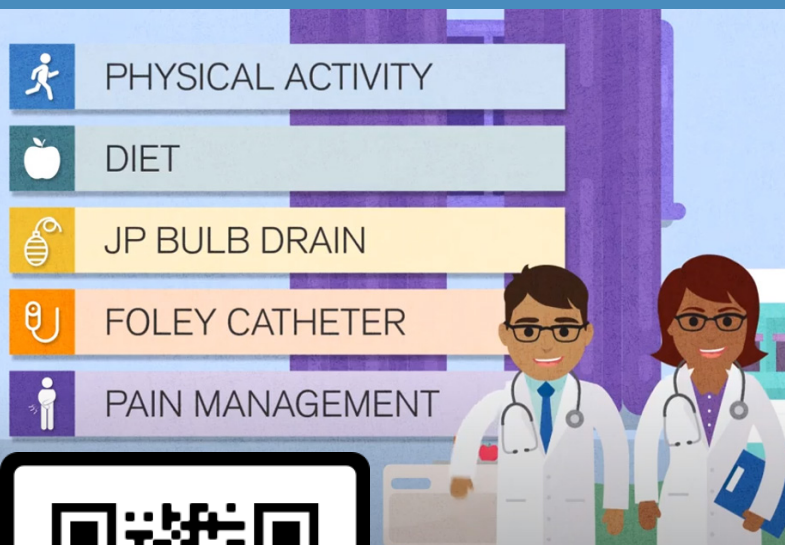
## Why should I care about trying to prevent an ileus?

- An ileus can cause you pain or discomfort
- You may have nausea or vomiting. An ileus can increase your risk for lung problems
- Some patients may have to go to the Emergency Department or be re-admitted to the hospital for their ileus

## That sounds serious!

What can I do to prevent this?

To watch a video on education and expectations post-surgery, scan the QR code (below) with the camera on your smartphone device or visit [www.musicurology.com/rpvideo/](http://www.musicurology.com/rpvideo/)



SCAN ME

### How to scan a QR code:

1. Open the camera app on your smartphone device.
2. Scan the QR code (left).
3. Click on the YouTube banner link to begin the video.



For additional information regarding this informational pamphlet, please contact us at:

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## You and your doctor decided on surgery to treat your prostate cancer.

- As with any surgery, there are potential complications
- You and your doctor may have already discussed erectile dysfunction and incontinence
- One problem that can make you return to the hospital is an ileus



## What is ileus?

- Ileus is severe constipation
- It is when you cannot pass gas or have a bowel movement
- Ileus is a common problem after prostate surgery

## Why may ileus be related to my surgery?

- The intestines can go to sleep after abdominal or pelvic surgery
- Narcotic (opioid) pain medication can make ileus worse









## Preventing ILEUS:

**A common reason for an unplanned return to the hospital**











## Your doctor may want you to eat a **SOFT** or **CLEAR** diet before surgery

### SOFT DIET

YES	NO
 White/plain bread, pasta, rice	 Multi-grain/brown pasta, rice
 Skinless fresh fruit	 Seeded dried fruit
 Cooked vegetables	 Raw and gas forming vegetables
 Low fat milk, cheese, yogurt	 Whole or regular milk products

### CLEAR DIET

YES	NO
 Water (Plain, flavored)	 Dark carbonated beverages
 Juice (Pulpless apple or white-grape)	 Pulp or vegetable juices
 Colorless gelatin/Jell-O	 Solid food
 Clear, fat-free broth	 Dairy products

## On the day OF surgery:

### Before surgery



Do not eat or drink anything unless directed by your doctor or nurse.

### After surgery



Walk around and try to pass gas.

## The day AFTER surgery:



Try to get up every 2 hours to walk around. Walking around may help you pass gas.

### When home with your catheter



Continue to walk around, care for your catheter, and follow a small portion soft diet.

## When you're home, for the next 30 days:

### YES



- Gradually build your diet from small to normal portions.
- Follow a soft diet until regular bowel movements return.

- Stay active. Continue walking, but avoid strenuous, weight bearing exercise.



- If sitting for longer than 1 hour, take a short walk at least once per hour while you are awake.



**CAUTION**



### What will it look like if I have an ileus?

- If you develop an ileus, you will most likely be very bloated/constipated and have a lot of abdominal and pelvic pain/discomfort.
- You may not be able to pass gas or have difficulty passing a bowel movement.



### Get Help!

#### When should I call someone?

Severe pain, fever, chills, nausea, vomiting, inability to keep down food and water

#### Who should I call?

My doctor's office

#### What should I do if I cannot reach anyone?

Seek care in an emergency department or urgent care

For more information, please visit:  
[www.musicUrology.com/NOTES](http://www.musicUrology.com/NOTES)