

# Continence Products after Radical Prostatectomy

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The following recommendations are based on experience shared by men who had this surgery as well as my own clinical experience. As each person progresses differently, this is only a guide and you may wish to use other products. To order samples, please refer information sheet on 'Buying Continence Products' For more extensive product information, please request a catalogue from Bright Sky. (Ph: 1300 88 6601)

## **Stage I:** Severe urinary incontinence.

Immediately after removal of urinary catheter till up to 2 weeks. The bladder does not hold any urine and leaks constantly, needing the use of large capacity incontinence products.

### Large Capacity Disposable Pull-Up Pants

These disposable pants come in different sizes and capacities. You may want to wear a less bulky one during the day (1000 – 1500 ml) and a thicker one at night (2000 – 4000ml). They are comfortable and supportive. Often a booster pad can be inserted for extra absorption and to save on frequent pad changes

### Stretch Pants with large continence pad

These are similar to the hospital stretch underpants (various sizes) which can accommodate a very large pad. Although the pants are disposable, many people put them through the washing machine and are able to use them for quite some time. The continence pad should have a capacity at least 500ml for day time and 1000ml for night time.

(Please discount 10 -20% the capacity labeled on the product as it is very heavy at maximum capacity)

### Bed Protection

There are washable products on the market, such as the Conni, Tyco, and Minappi range

Or a large plastic sheet/cut- up garbage bag with an old towel is a much cheaper alternative but not as reliable

### Condom Drainage

This is a sheath which is applied onto the penis like a Condom. The sheath is attached to a 2 litre urine bag. You need to be fitted for the correct size and educated how to apply and remove this device correctly. It can be used during the night and removed in the shower next morning.

If the penis is too retracted (small) to fit a condom drainage, try the non spillable, disposable urinals ( unocomfor ) which are new on the market (supplier: Unomedical) these urinals have 1 litre capacity and can be kept in the bed and used 2-3 times during the night

**Stage 2:** Moderate urinary incontinence, approximately from week 3 to week 8

#### Underpants with continence pad

It is recommended that you wear supportive, cotton underpants and insert a 'stick-on' pad with the capacity of 300ml for day time and 500ml for night time. Some men would use a 'triangular' shape of pad. Please note that urine may leak out from the edges

#### Washable absorbent underpants

Although these are expensive, they are machine washable, environmental friendly. Styles range from jock type underpants to firm fitting boxer short. A pad can be inserted if necessary. These pants have average 350ml capacity (based on the Conni for men: Kalwen and Oscar) and Minappi.

**Stage 3:** Mild incontinence, after 8 to 12 weeks

Small amount of leakage may occur especially during sports, coughing, walking or other physical activities. By this time, the pad usage is on average one small pad per day.

#### Anatomical shape pouch/pad

This is worn inside your underwear. It is discreet and provides comfort and security. Tena for Men (level 2) has a capacity of 240ml and is available at the supermarket in the women's sanitary section.

Other similar products available from Bright Sky are:

- Depend Guards for Men
- Pouch (Coloplast)

**Stage 4:** Occasional leakage (few drops) a day

This may be a few drops after passing urine. It is important to press your hand underneath the scrotum (under the 'S' bend of the urethra / water pipe), with upward movement, to get the few remaining drops out to prevent leakage.

#### Drip collectors

These are very small and discreet 'pockets' which provide security. Coloplast's drip collectors come in 80ml and 100ml size and are available from Bright Sky. Other men prefer to improvise this by using paper towel/napkin to wrap around the penis.

Please note that some degree of incontinence is often present in the first three months after a Radical Prostatectomy (1).

Among men who had radical prostatectomy surgery, urinary incontinence is temporary and resolves itself over time in 80 – 90 % of cases. (2)

As our discussion before the surgery, Pelvic Floor Muscles Exercises would improve continence. Most patients improve their continence within the first three to six months. (1) 95% patients are continent at 2 year (3) However, there is a small minority of men still has incontinence after the operation sometimes into the first and second year. You should consult your Urologist for further investigation.

**References:**

- (1) Rashid P. 2006, Your Guide To Prostate Cancer, p. 67, 2 nd edition, Uronorth Group
- (2) Dornan P. 2003, Conquering Incontinence, p. 38, Allen & Unwin
- (3) Eastham JA, Kattan MW, Rogers E, et al., "Risk Factors for Urinary Incontinence After Radical Retropubic Prostatectomy". J Urol 1996; 156:1701