



Prostate Cancer Recovery Support

Providing insight and resources, direct from Fellow Cancer Patients and Survivors, to ease the post-treatment recovery process.

PCRS CHECKLIST

*ITEM AVAILABLE AT PCRS SHOP

Items and information that may be useful to aid you during your recovery.

BEDROOM & BATHROOM

- | | |
|--|--|
| <input type="checkbox"/> Floor Leak Pads* | <input type="checkbox"/> Protective Bed Pad* |
| <input type="checkbox"/> Antibacterial Soap* | <input type="checkbox"/> Rags & Old Towels |
| <input type="checkbox"/> Disinfectant Spray* | <input type="checkbox"/> Waste Basket |
| <input type="checkbox"/> Toilet Bowl Cleaner and Brush | <input type="checkbox"/> Plastic bags: Kitchen Size* |
| <input type="checkbox"/> Sanitary Wipes* | <input type="checkbox"/> Kleenex |
| <input type="checkbox"/> Paper Towels | |

PERSONAL AIDS:

- | | | |
|---|---|---|
| <input type="checkbox"/> Toothbrush and paste | <input type="checkbox"/> Water bottle | <input type="checkbox"/> Urine Bottle* |
| <input type="checkbox"/> Mouthwash | <input type="checkbox"/> Hair Dryer | <input type="checkbox"/> Eye drops |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Fan | <input type="checkbox"/> Chapstick |
| <input type="checkbox"/> Extra pillows | <input type="checkbox"/> Pen, pencil and paper | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Clipboard or 3 ring binder | <input type="checkbox"/> Hand lotion | <input type="checkbox"/> Body Powder* |
| <input type="checkbox"/> Loose Clothes for Walking | <input type="checkbox"/> Donut-Hole Pillow* | <input type="checkbox"/> Jock Strap* |
| <input type="checkbox"/> Sitting / Sleeping Wedge Pillow* | <input type="checkbox"/> Sleeping Knee Pad* | <input type="checkbox"/> Brief Underwear* |
| <input type="checkbox"/> Diapers/Absorbent Guards* | <input type="checkbox"/> Entertainment: books, games, tv, cellphone | |

HEALING AIDS:

- | | |
|--|---|
| <input type="checkbox"/> Ice Packs* | <input type="checkbox"/> Stool softener pills |
| <input type="checkbox"/> Acetaminophen | <input type="checkbox"/> Prune Juice |
| <input type="checkbox"/> Anti-bacterial ointment | <input type="checkbox"/> Athlete's Foot AF Cream with Florimosa |
| <input type="checkbox"/> Hemorrhoid Ointment | |
| <input type="checkbox"/> A & D (to mitigate penis chafing due to catheter) | |

SUPPORT AIDS:

- Bedside stand / table
- Catheter Anchor (chair/stool)
- Velcro strips / ACE Bandage (for catheter support)
- Laptop Tray or Height Adjustable Desk Stand
- Alarm Clock

GENERAL / HOUSEHOLD TIPS:

- Identify where to hang catheter while taking a shower
- Identify where to hang catheter at bedside
- Make a contact list for your support team
- Establish a Kegel exercise routine
- Stock food / prepare meals
- Perform a safety check: rugs, electric cords, slippery surfaces
- Review accessibility: Dishes/Refrigerator
- Tidy up finances: pay bills, check in with insurance, etc.
- Establish or update will
- Assign health care proxy

PATIENT INSIGHT: Don't wait to prepare for the issues you will face after your cancer treatment procedures. You will be faced with challenges during your recovery that are likely outside any experiences you had to deal with in the past. Preparation before treatment can alleviate many layers of stress during the recovery process.



PCRS CHECKLIST DETAILS

PERSONAL HYGIENE:

___ RAGS & TOWELS: Leakage, dribbles and squirting urine necessitate having multiple rags or towels available throughout your living space.

___ SHOWERING (*With Catheter*): identify where to hang the bag prior to treatment. The bag has a clothes hanger style hook, so you may be able to hang it on the shower door, a towel rack, or the shower fixture itself. Showering with a catheter is not overly complicated, just make sure the hose doesn't get pulled.

**SHOWERING INSIGHT (Post Catheter):* Due to leakage when wearing the diaper/guard it is critical to keep your body clean. An easy way to do a quick rinse without taking a full shower: stand with one foot in the shower and wash the area(s) that need to be cleaned. You may need to take multiple showers a day for the first few weeks.

SUPPORT AIDS:

___ DIAPERS: Essential for protection after the catheter is removed, adult diapers can be purchased at your local drug store. You may only need to rely on them for the first few days after the catheter is removed, so purchase a smaller amount initially. CVS brand provides more absorbency than Walgreens brand. Good for nighttime.

___ ABSORBENT GUARDS: Helpful during the later stages of recovery when leakage has subsided in volume. Available at your local drug store.

___ URINE BOTTLE: Having a urine bottle on hand can be crucial until normal bladder control returns. Whether you pee standing up, laying on your side on the bed, in a chair, or on your back, a clean urine bottle will help get you through the ordeal of being unable to hold/control urine. The bottles are not typically available at your local drugstore, but may be found at a local medical supply store or ordered online.

CAREGIVER INSIGHT: I would definitely suggest you buy a reusable urine bottle. You'll find it difficult to know when you need to go to the toilet, and when you do need to go it's sometimes too late for you to actually get there, so having a urine bottle nearby is great because you can just grab that, go and empty it when you're done... Incontinence pants are helpful too; there are some quite discrete ones on the market nowadays. Definitely put the catheter bag into a bucket! And make sure you listen to the instructions the medical staff gives you when they tell you how to use it; my Dad didn't pay enough attention and couldn't remember how to do it when we came home, so we had to spend a good hour or so working it out from very badly worded instructions that came in the package!

___ JOCK STRAP: A jock strap is an effective alternative to wearing brief underwear to hold absorbent guards in place. It can also be helpful when moving around for prolonged periods of exercise or activity. Wearing a jock strap to support the guard with boxer shorts over them will not generate as much heat as the briefs. While not typically available at retail stores, a jock strap can be found affordably online.

HEALING ITEMS:

___ Ice Packs: Useful to reduce swelling and speed up healing:

1. On perineum area between legs
2. On both sides of scrotum
3. On lower abdomen (including stitches)

PATIENT INSIGHT: Wrap ice packs in an old tee shirt or cloth rag to protect your skin from frostbite. Store two sets of ice packs in freezer bags, with two packs in each freezer bag. Limit icing to 10-15 minutes three times per day.



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PCRS CHECKLIST DETAILS Continued

___ Antibiotic ointment (WITH CATHETER): Bacitracin, A&D Ointment, etc.

PATIENT INSIGHT: Use on penis tip; apply liberally and often to minimize pain and discomfort.

___ Antibiotic ointment (POST CATHETER): Athletes Foot Cream with Florosow, Bacitracin, A&D Ointment

PATIENT INSIGHT: Athletes Foot Cream can be a life saver if you get a Yeast Infection from wearing the diapers/guards. Apply as directed, liberally and often to minimize rashes and protect against infection. Yeast infection can have a fishy odor. Even if the penis looks healed, that doesn't mean the infection is gone; as long as there is an odor, continue applying the Athletes Foot ointment regularly.

SUPPORT AIDS:

___ CATHETER BESIDE SET-UP (Hose **MUST** be below attachment)

Setting-up the tube at the bedside can be done as follows:

1. Have Velcro strips available
2. Use an anchor item: use a folding chair, short stool, table, ladder.
3. Connect the tube to the anchor items with the Velcro strips.
4. Place the anchor at a distance that will allow enough leeway between bed and catheter bag.

PATIENT INSIGHT: Using the anchor provides safety as it will stabilize the tubing. Do not allow the bag to touch or lay on the floor, hanging the bag inside a waste basket can protect against accidental spills.

___ CATHETER BAG HANGING LOCATIONS: The catheter bag has a built-in hook, identify hanging locations:

___ Shower ___ Bedside ___ Kitchen ___ Near Toilet ___ Sitting Areas

___ BEDSIDE STAND: Place a designated stand next to the bed where you can easily place and reach the urine bottle. This can be any folding chair, low table, foot stool or other stand that you have available.

___ CLOTH RAG / COASTER: for under bottle

GENERAL TIPS:

___ Kegel / Pelvic Floor Exercise: It is vital to prepare your body for bladder issues after treatment. Make sure to establish a daily routine and start Kegel Exercises PRIOR to surgery. There are many online resources where you can teach yourself, or ask your doctor for a referral to a 'pelvic floor' physical therapist.

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