



# 7 Tips for Managing UI After Prostatectomy

1

## Free Protective Products

The best products for managing incontinence symptoms after prostate surgery include: Urinary catheters, bladder control pads for men, absorbent adult briefs or male pull-ons.

2

## Additional Surgeries

Follow up with your provider about other surgeries that may help with IPT. Some treatment options include: Male sling or Artificial urinary sphincter (AUS).

3

## Pelvic Floor Exercises

Pelvic floor muscle training before prostatectomy surgery reduces post-prostatectomy incontinence, improves your quality of life, and improves pelvic floor muscle function.

4

## Medications

Certain anticholinergic medications can help with incontinence by blocking nerve receptors in your bladder. Talk with your healthcare provider about which may work for you.

5

## Biofeedback

During a session, a healthcare professional will insert a sensor into your rectum to send info to the biofeedback computer. You will learn to contract your pelvic muscles based on the computer's output.

6

## Neuromuscular Electrical Stimulation

This may help with regaining control of your bladder muscles. During the treatment, a probe is inserted into your anus, and a current is passed through it to stimulate and contract your bladder muscles.

7

## Bladder Training

Bladder training helps your bladder regain control by increasing the time between voiding. Start bladder training by speaking with your healthcare provider.