

Self-removal of suprapubic catheter after retzius sparing robot-assisted radical prostatectomy: a feasibility study

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INTRODUCTION AND AIM

Urethral catheter self-removal post prostatectomy has been proven to be a safe and cost-effective option reducing the patient commuting expenses and NHS staff utilization.

We conducted a prospective audit to evaluate the feasibility and safety of suprapubic self-catheter removal in post retzius-sparing robotic-assisted radical prostatectomy patients.

METHODS AND MATERIAL

38 patients had a suprapubic catheter inserted following a RS-RARP from January 2024 until May 2024. Instructions for the catheter removal at home (video and notes) were distributed to the patients pre and post operatively.

The patients were contacted on the day of catheter removal by the prostate cancer CNS to ensure the process was uneventful. Feedback was obtained four weeks postoperatively regarding the complexity of the procedure, the satisfaction, the expenses and time spared.

RESULTS

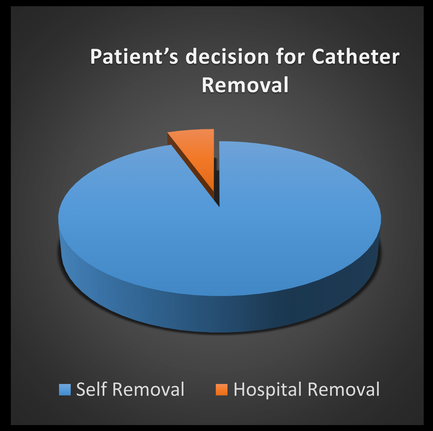
34 out of 38 of the patients who underwent SPC insertion opted for self-removal of their catheter at home. The process difficulty was rated by the patients on a scale from 1 to 4 (easy to very complicated) as 1.3/4. 33 out of 34 (97%) agreed that they would opt again for a removal of their catheter at home and would recommend this to a friend should they have undergone a similar procedure.

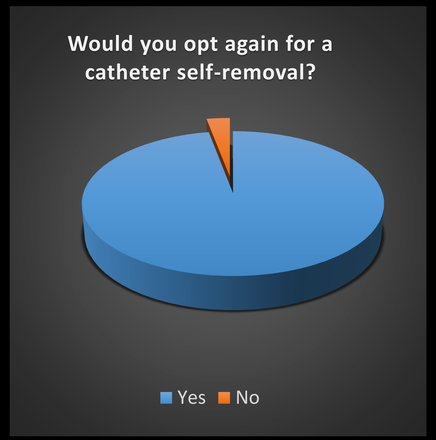
No complications were encountered following the procedure of self catheter removal.

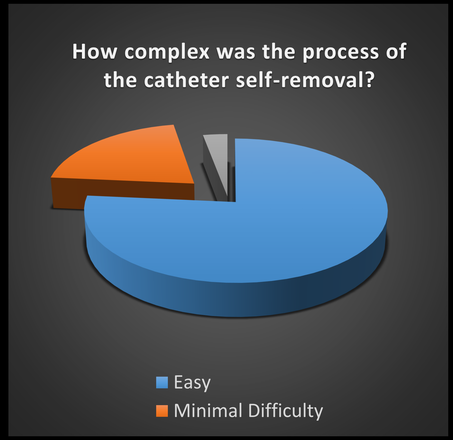
The annual carbon footprint was calculated as 10-20kg CO2 depending on the fuel type, with an average driving distance of 79 +/- 36 km, commuting time of 77 minutes and NHS clinical expenses of 102€ per patient.

Figure 1. Estimated Environmental and Expenses Impact

- **Annual Carbon Footprint 10-20kg CO2**
- **Average Driving Distance: 79 +/- 36 km**
- **Average Commuting time: 77 minutes**
- **Estimated Clinical Cost: 102€ per patient**







CONCLUSIONS

The self-removal of the Suprapubic Catheter post Retzius-Sparing Robotic Assisted Radical Prostatectomy is a safe, feasible, cost effective and preferable option to the patients as opposed to a catheter removal in the hospital setting.

REFERENCES

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