



Men's Health Center
Urology *of* Indiana



UroPlan

A Roadmap For Return to Sexual Function After Cancer

There is much more to a man's life than his cancer diagnosis. As a result, we believe preserving and maintaining quality of life to be an essential component of comprehensive cancer care. By helping patients prepare for surgery with a solid strategy for recovery, we know that we're able to offer men their best chance to experience a satisfying outcome.

UroPlan by Urology of Indiana uses a "stepwise" approach to facilitate recovery of both sexual and urinary function following cancer treatment. The recovery rate after surgery is highly individualized. Many factors such as desire for sexual activity, partner interest, pre-treatment sexual function, existing medical conditions and the presence of anxiety or depression can greatly influence the

recovery process. Therefore, the roadmaps we follow should be considered a starting point.

Our Care Team will optimize and customize the program for each man, as the pace of recovery and return to sexual activity varies significantly for each patient.



Timeline and Roadmap Choices That Will Help Guide Your Recovery

3 Elements of the Surgical Consultation:

1. Decision is made to proceed with surgery

2. Assessment is made of current sexual function, activity level and interest in restoration

3. Patient and Surgeon decide upon choice of the restoration program

Roadmap 1: Active Restoration

Maximum effort, tools and medications are used throughout recovery starting even prior to surgery. This roadmap is based on the latest clinical research and has been designed to give men their optimal chance for recovery. This protocol is designed with early, proactive intervention in mind.

Includes daily medication (Tadalafil), consideration of testosterone supplementation when appropriate, use of a vacuum device post procedure (for penile exercise to minimize loss of penile size) and early sexual activity with assistance from additional oral medications (Sildenafil) and/or penile injections (i.e., BiMix or TriMix).

Pre-operative visit with our Men's Health team to discuss expectations and post-operative roadmap.

Roadmap 2: Passive Restoration

This roadmap has been designed for men who are still interested in recovery, but are unable to participate in the active roadmap.

Men will start taking daily medication (Tadalafil) prior to surgery with assessment of function and consideration of further treatment options 3 months after surgery.

Roadmap 3: No Restoration

This option is for patients that are not sexually active or don't intend to be after surgery.

What to Expect

Active Restoration UroPlan 5 Steps:

1. Prior to surgery

- Enrollment in Active Restoration UroPlan Roadmap is confirmed.

2. Pre-surgical consultation at Men's Health Center

- Baseline sexual function questionnaires are completed.
- Daily Tadalafil prescription is given at the time of Men's Health Center consultation and initiated prior to surgery. This is continued on a daily basis throughout the recovery period.
- Vacuum Erection Device (VED) therapy for penile exercise is introduced. This maximizes blood flow during the recovery process and will start following catheter removal. (See separate handout for more information).
- Strategies for "as-needed" erectile therapies are discussed including:
 - A. A Sildenafil "booster" that is taken in addition to daily Tadalafil: This is provided to all men as an easy first option for "as-needed" therapy.
 - B. Penile injection therapy: For men that don't respond to the Sildenafil booster, penile injection therapy can allow for suitable erections even while recovering from surgery. (See separate handout for more information).
 - C. Vacuum Erection Device for sexual function: Although primarily used for daily penile exercise, the VED can also be employed to achieve erections suitable for sexual function. (See separate handout for more information).

3. Two weeks after surgery

- Start daily Vacuum Erection Device therapy for penile exercise following catheter removal. For most men, this will be approximately two weeks after surgery. If bladder leakage is an issue, these daily exercises can be delayed until one month following surgery.
- Continue daily Tadalafil.
- Sexual activity can be initiated using any of the previously discussed "as-needed" erectile therapies. It's also ok to wait to become sexually active.

4. Two months after surgery

- First PSA is checked
- Sexual and urinary function are evaluated and discussed with your provider.

5. Three months after surgery

- Appointment at Men's Health Center
- A Men's Health lab panel is obtained to assess testosterone and other key hormone levels.
- Testosterone supplementation is considered if clinically indicated.
- Repeat sexual function questionnaires are completed.
- Any bladder leakage, if present, is assessed and discussed.
- An individualized treatment plan is created based on each man's current status and future goals.

What to Expect

Passive Restoration UroPlan 3 Steps:

1. Prior to surgery

- Enrollment in Passive Restoration UroPlan Roadmap is confirmed.
- Daily Tadalafil prescription given at the time of surgical consultation and initiated prior to surgery. This is continued on a daily basis throughout the recovery period.

2. Two months after surgery

- First PSA is checked.
- Sexual and urinary function are evaluated and discussed with your provider.

3. Three months after surgery

- Appointment at Men's Health Center
- A Men's Health lab panel is obtained to assess testosterone and other key hormone levels.
- Testosterone supplementation is considered if clinically indicated.
- Sexual function questionnaires are completed.
- Any bladder leakage, if present, is assessed and discussed.
- An individualized treatment plan is created based on each man's current status and future goals.



For more information,
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