

Prostatectomy Education Sessions run by ACT Health's Continence Clinic

ACT Health offers education and support for clients and their partners prior to and after prostatectomy surgery.

Education sessions are scheduled for every second Monday of the month from 3pm to 5pm. A Prostate Cancer Nurse will talk to you about:

- The prostate gland and its function
- Continence Mechanism
- Preparing for surgery
- What to expect after surgery
- Catheter and bowel management
- Pelvic floor exercises with optional individual pelvic floor assessment
- Continence and sexual issues
- Good lifestyle habits
- Support networks

Who will I see at my appointment?

You and your partner will be seen by a Prostate Cancer Nurse.

The Prostate Cancer Nurse can refer you to other health professionals such as the Cancer Counselling Service, Continence Physiotherapist or Continence Adviser if you require further treatment.

Do I need a referral?

You can self refer if anticipating prostate cancer surgery. Your GP, Specialist and other health care professionals can also make a referral on your behalf.

How can I arrange an appointment?

Telephone Community Health Intake on [02 6207 9977](tel:0262079977) to make a referral and arrange an appointment. For translating and interpreting services phone [131 450](tel:131450)

Where is the clinic located?

ACT Health Building
Continence Clinic
Level 2, 1 Moore St
Civic
ACT 2601