

Discharge advice following minor bladder surgery



Information for patients
Spinal Injuries - Urology



PROUD TO MAKE A DIFFERENCE

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Your urologist will have discussed with you any specific points about your operation and condition including any relevant discharge advice. The following information should answer some of your questions and be helpful in ensuring a safe and straightforward recovery.

Is there anything I should avoid?

You should not drive a car or operate machinery within 24 hours of having any kind of anaesthetic or sedation.

Is there anything I can do to help my recovery?

We advise that you drink plenty of fluid over the next 24 hours to ensure that any debris or blood is flushed out of your bladder. This will help to reduce your risk of infection.

Is there anything I should look out for?

Blood in your urine

It is not unusual to have some blood in the urine for the first 24 to 48 hours following your procedure. However, you should contact us if bleeding continues or becomes heavy.

Difficulty passing urine

Following the procedure, you will not be discharged until you have passed urine (whether by catheter or sheath). Should you subsequently be unable to pass urine, please ring for advice. This may be a sign that your urethra or prostate (in men) is swollen.

Urinary tract infection (UTI)

You should also look out for signs of infection such as:

- shivering or high temperature

- vomiting
- backache
- abdominal pain
- unpleasant smelling urine
- a burning sensation when urinating that lasts longer than two days

Self catheterisation

Some patients may need to self catheterise after their procedure. You will be shown how to do this before leaving hospital. If you experience any difficulty with self catheterisation following a bladder procedure, please seek advice from the Spinal Injuries Centre.

Who should I contact if I have any concerns?

You should contact your GP or the Spinal Injuries Centre for advice if you experience any of the symptoms listed above or have any other concerns. Telephone numbers are listed below. Should any of these symptoms occur after 48 hours please contact your GP for advice.

What should I do if I experience any pain after the procedure?

Minor bladder procedures are not normally painful, but should you experience any pain or discomfort on your return home, take a dose of whatever mild analgesia you normally use e.g. Paracetamol or Ibuprofen.

When will I receive follow up details?

If you are not given an appointment at the time of leaving the Spinal Injuries Centre, it should be sent on by post. If you have not received an appointment within six weeks, please ring the centre for further details.

Contact details

During working hours you can contact:

Urology Nurse Specialists

Paula Muter or Carol Eggington:

- **0114 271 5624** or
- **0114 243 4343** and ask for Bleep **2494**

or Marie Watson:

- **0114 226 6823**
- **0114 243 4343** and ask for Bleep **2882**

Spinal Injuries Outpatient Department

- **0114 271 5677**

Out of hours please contact:

Osborn 2

- **0114 271 5628**
- **0114 271 5629**

If necessary, staff from Osborn 2 will contact the Spinal Injuries on-call staff to provide you with further advice.

Alternative formats can be available on request.

Please email: sth.alternativeformats@nhs.net

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