Urology

Important Information for the first few days following your procedure

Elective Surgery Unit

Aftercare

Common side effects following your procedure include:

- The need to pass urine more frequently
- Mild burning or stinging sensation during urination.
- A small amount of blood in the urine is also normal.

To help minimise these side effects and prevent infection, it is advisable to drink plenty of fluid (one to two litres per day) over the next few days. This is in addition to the amount you would normally drink. This increase in fluids is to help flush your waterworks through. Normally any bleeding and pain will stop on its own, generally within three days of the procedure.

When to seek medical attention

- Fever or chills
- Thick drainage around the catheter
- Bleeding that persists over several days or gets worse
- Pain that doesn't get better or gets worse

You may want to take some medication to help with the pain, your next dose is due:

.....

.....

.....

You can bath/shower again in ..... Days

You are advised to stay off work for ..... Days

Please keep your anti-embolism stockings on until fully mobile unless you are advised keeping them on for a longer period of time.

compassionate care

If you have a catheter

If you have been discharged with a catheter, a referral will have been made to either the Kirklees Locala catheter HUB or the Calderdale district nursing team – see Catheter passport for contact details.

☐ Your catheter will be removed on the Urology Diagnostic unit at HRI on .....

☐ Your catheter will be removed in the community on .....

If you have a stent

This will be removed by the following methods

☐ String (self-removal)

☐ Flexible cystoscopy by appointment

Your stent was placed on:

Stent Side: Left ☐ Right ☐ Both ☐

Removal date: .....

If You Have Had General Anaesthetic

The effects of general anaesthetic can stay in your system for up to 48 hours. It can make you feel light-headed and tired. You may also feel nauseas which can lead to vomiting.

It's important you have a responsible adult with you for the first 24 hours and you should not do the following for 48 hours:

- Drive a car, bicycle or any form of motorised transport (may be longer than 48 hours depending on the type of surgery you have had)
- Drink alcohol or smoke
- Operate machinery or electrical appliances.
- Make any important decisions or sign any legal documents.
- Make yourself inaccessible to the person looking after you i.e. locking bathroom door
- Eat heavy or greasy meals which could result in nausea.

It is important to rest, eat light meals and drink plenty of water.

For further information about anaesthetic please visit:

https://www.rcoa.ac.uk/patients/patient-information-resources

Important Phone Numbers

If you have any problems regarding your procedure within the first 4 weeks, please contact the **Elective Surgery Unit (HRI) Monday to Friday 9 am - 6pm - 01484 342111**

Please use the following phone numbers for outside ESU hours:

Surgical Assessment Unit (out of hours / weekends) - Tel: 01484 342170 / 347014 / 342179

Same Day Emergency Care (SDEC – 7 days a week 7 - 6pm) - Tel: 01484 343645

Other Urology phone numbers:

Urology Diagnostic Unit (UDU – Mon - Fri 8 - 4pm) – Tel: 01484 355586

Stent removal appointments (Please use this phone number if your stent has not been removed by above date and you have no upcoming appointments) **Tel: 01484 355868**

Other information:

.....

.....

.....

.....

.....

.....

If you have any comments about this leaflet or the service you have received you can contact :

Elective Surgery Unit
Huddersfield Royal Infirmary

Telephone: 01484 342111

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਬਿਨਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"