

You will go home the morning after your surgery with your catheter still in. A district nurse will telephone you that evening to see how you are. They will arrange to visit you in the next couple of days and discuss when they will remove the catheter.

Caring for your catheter at home

You will be taught how to care for your catheter before you are discharged from hospital and should be given the necessary equipment and a leaflet entitled "Going Home with a Catheter".

What to look out for after your surgery

The catheter will drain urine continually and the bag should need emptying every 2-3 hours

If no urine drains consider:

- Is the tubing kinked?
- Is the bag below bladder level?
- Is the drainage bag connected the right way up?
- Have you been drinking?

Try walking around as this may dislodge a blockage. If nothing drains for four hours or you are in pain contact the district nurse on the emergency number given to you.

Below are lists of symptoms that may indicate an infection and you will need to contact your GP/ contact Richard wells ward on tel:

- You have a high temperature
- Your urine becomes dark red with clots
- You feel unwell
- Feel cold and shivery
- Your testicles become swollen or painful

Please note *it is normal to have some blood in the urine when you first have your bowels open*, or if you subsequently have to strain to have them open. Please try to avoid constipation by having lots of fruit and vegetables.

Removal of the catheter

Your district nurse between 2- 5 days will remove the catheter at home, after your operation. . They will arrange a day to visit you in the morning and remove the catheter and will visit again in the afternoon to check that you are passing urine all right

Follow up

You will be see in the outpatient department by the urology nurse practitioner approx. three months after your operation. An appointment will be arranged before you leave the ward or if it is the weekend, sent to you by post.

What can I do and When

Please remember, that even though you haven't got a wound you have had major surgery and it is important to take it easy especially in the first few weeks. It is quite normal to feel a little "flat" or "down" for the first week.

Drinking

Do drink plenty, at least three or four pints of water or squash a day. If you need to get up too frequently at night, drink the majority before 6pm but don't stop drinking altogether in the evening.

Driving

Do not drive for one month after the operation

Work

You can return to work after one month. However if you have a heavy manual job you may need longer.

Exercise

For the first two weeks keep physical exercise to a minimum. Short walks less than one mile is alright. Anything active e.g. digging and lifting heavy items should be avoided for 6 weeks. Sports such as golf, swimming cycling may be resumed after one month

Sex

You should be able to continue a normal sex life but please wait six weeks before having intercourse. One consequence of the operation is that your sperm goes back in the bladder when you ejaculate, rather than out the normal way so your fertility will be affected.

Medication

If you were prescribed antibiotics please take all the tablets in the course. This will prevent the infection returning. If you are prescribed aspirin but asked to stop taking it before your operation, it is safe to start taking it after weeks.