

Advice after you have your catheter removed

Information for patients

What to expect after undergoing prostate procedures including:

- Rezum therapy
- Green Light Laser Prostatectomy (GLLP)
- Holmium Laser Enucleation of the Prostate (HoLEP)
- Transurethral resection of the prostate (TURP)

What to expect after your catheter is removed

You have undergone _____

Most patients have no complications afterwards. However you are likely to experience some irritation, frequency, urgency, urge incontinence and some bleeding. This can happen for a few weeks or up to 4 months:

Frequency – the need to pass urine more often than usual.

Urgency – sudden compelling desire to pass urine.

Urge Incontinence – Involuntary leakage of urine before reaching the toilet.

Stress incontinence – Involuntary leakage of urine during periods of raised abdominal pressure (e.g. coughing, sneezing, lifting).

After Dribble – This is a common problem, it's the loss of a few drops of urine, after the main stream, when the bladder appears to be empty.

To reduce this irritation, it is recommended that you drink between 1.5- 2 litres per day this should preferably be water or diluting juice. This helps flush through any bleeding, debris, which is expected after your above prostate procedure.

If you start to feel unwell

If you have symptoms of a urine infection (feeling generally unwell/shivery/flu like symptoms, frequency, urgency, dysuria/pain passing urine). You should contact your GP Surgery (duty doctor/triage Nurse), or NHS 24 (111), depending on time of day. They should send a urine sample and treat your symptoms with antibiotics if necessary.

Questions

If you have any questions or concerns with regards to your recovery or follow up, you can contact:

BPH Urology Specialist Nurse

Email: LothianBPH@nhs.scot

Emails and calls are monitored Monday to Friday 09:00 – 17:00. Please allow up to two working days for a response.

Advice information leaflets will also be provided to assist with your recovery:

After Dribble leaflet

Bladder Training leaflet

Fluid advice leaflet

Pelvic floor exercises leaflet