

## After The Removal of a Urinary Catheter

After the catheter is removed, it is necessary to remain in or close to the ward until you have passed urine sufficiently well or number of times to be sure that things are back to normal. Perhaps not surprisingly, the first void of urine can be quite uncomfortable but this settles quickly if you are drinking sufficient fluid (mainly water!).

Within that first 24 to 48 hours, the passage of urine may continue to be associated with some (usually mild) burning, you may find you pass urine more frequently than usual and don't be surprised if there is some visible blood in the urine. These symptoms may continue for a number of days if the catheter is being removed after an operation on the water-works e.g. prostate gland. If these symptoms appear to be persisting for an abnormally long time, indeed if they seem to be getting worse or are associated with new cloudiness or offensive smell of the urine or if you have a fever, then there is a significant chance that you have picked up a urinary infection and you should therefore contact your GP.

If you were discharged from hospital with antibiotics, it is important that you complete the course as instructed. The risk of urinary infection may be minimized by

1. Drinking plenty of fluids (at least 2 litres/4 pints per day) for about 3 days following the removal of your catheter.
2. Keep your bowels moving regularly and prevent constipation.