



Day Surgery Department

Patient Advice Following an Optical Urethrotomy

You have undergone a procedure that involves cutting the stricture (narrowing) in your urethra (the water pipe). This will help to improve your urine flow.

Wound

You will need to have a catheter inserted into the bladder for a few days to keep the urethra (water pipe) open. There is often bleeding around the catheter, this is quite normal. This should only last for a short period. The catheter usually stays in between 24 hours to 5 days. Specific post operation instructions will be given to you on discharge from hospital.

The catheter is removed by a District Nurse who will come to your home to remove it. Once the catheter is removed, you should be able to pass urine with an improved flow. You may, however, notice that your urine may be bloodstained and may be uncomfortable to pass at first.

Pain

You should take some pain relief as necessary and follow the instructions on the packet. Do not exceed the recommended daily dose.

You may experience burning or stinging when you pass urine. This will ease by increasing your fluid intake. You are advised to drink at least 2 - 3 litres of fluid daily for 5 days which will help to flush your water passage through. This will dilute your urine making it less acidic. If this discomfort continues, or gets worse despite drinking plenty, contact your GP.

If your urine begins to smell offensive, or you develop a temperature, continue to drink plenty and contact your GP, as this may be a sign of infection.

Activity

It is normal to feel tired following a general anaesthetic. Take it easy for the first 24 hours. You may resume sexual intercourse when your urine is clear and you feel comfortable to do so.

Your own circumstances will determine when you return to work. You can self-certificate for one week. Contact your GP for a fit-note if further time off is required.

You must not drive for the first 24 hours following sedation or a general anaesthetic. This is a requirement of the Road Traffic Act.

If you experience any of the following please contact your GP or out of hours GP immediately:

- Urinary retention (unable to pass urine)
- Large blood clots in the urine that are difficult to pass
- Excessive bleeding
- Excessive burning, stinging or an offensive smell when passing urine
- Flu-like symptoms such as fever, shivering, general aching or feeling unwell

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please call:

Your GP or out of hours GP	
Urology Nurse Specialists	01305 255145 or 255995
NHS Direct	111
Dorchester Day Surgery Unit	01305 254501 (day of procedure only)
Weymouth Day Surgery Unit	01305 762664 (day of procedure only)

About this leaflet:

Author:	Laura Gower, Staff Nurse/Coordinator
Written:	2015
Updated & Approved:	November 2020
Review Date:	November 2023
Edition:	v2

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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