

Activity

- No strenuous activity until catheter is removed.

Follow-Up Appointment

- Call your surgeon's office to arrange for a follow-up appointment in _____ days.

Notify the Doctor or go to the Emergency Department if any of the following happens:

- Bright red blood in your urine not relieved by fluids and rest.
- Chills or fever (38.5°C / 101.3°F or higher).
- Pain unrelieved by your prescribed medication.
- Persistent nausea and vomiting.
- Unable to pass urine for more than 8 to 10 hours even though you have been drinking plenty of fluids.

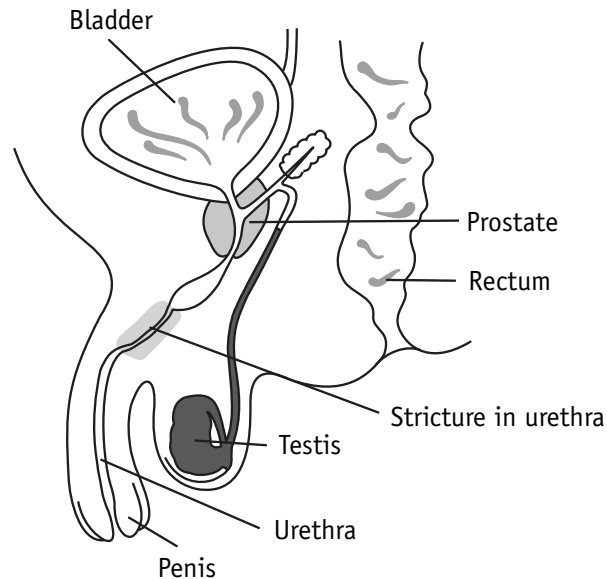
After Internal Urethrotomy Surgery Discharge Instructions

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General Information

Urethral Stricture



- This procedure is done when there is a “stricture” or narrowing of the urethra causing problems with urination. This may be caused by repeated infections, injury or past surgeries.
- This procedure is done in the Operating Room under a general or spinal anesthetic.
- A lighted telescopic lens is used to directly view the inside of the urinary tract and do minor surgical procedures.
- The procedure takes between 30 minutes to 1 hour.

Diet

- You may eat and drink as you feel able.
- You should drink 8-10 cups of water (or other fluids) per day.

Drains/Tubes

- You may have a catheter (tube) draining urine into a bag. Your doctor will decide how long the catheter must stay in place. This allows healing of the urethra.
- For uncircumcised men, it is important to keep the foreskin over the end of the penis.
- It is normal to have a pink colour to the urine for a day or so. Some blood drainage from around the catheter is expected.
- You may shower with the catheter in. **DO NOT** take a bath as you may risk getting an infection!
- Remove catheter in _____ days

Medications

- You may receive a prescription for pain medication. Some of these medications cause drowsiness and constipation.
- To prevent constipation:
 - eat full grain breads
 - bran cereals (All Bran, Bran Buds, Fruit & Fiber),
 - fruits (prunes, raisins, dates, bananas, apples), and
 - vegetables.
- You may take a mild laxative (for example Colace).
- Do not drink alcohol when taking pain medication.
- If antibiotics are needed, your doctor will prescribe. Take these as instructed, and be sure to finish taking all the pills.