



Royal Berkshire
NHS Foundation Trust

Advice following a urological procedure

Adult Day Surgery Unit

Compassionate

Aspirational

Resourceful

Excellent

This leaflet gives advice to aid your recovery following your procedure on the Adult Day Surgery Unit (ADSU).

After the operation

- It is important that you drink at least three extra pints of fluids for the following three days after your procedure. This is **in addition** to the amount you would normally drink. Any type of fluid is acceptable. This increase in fluids is to flush your waterworks through.
- If you do experience blood in your urine, you should rest and continue with your increased fluid intake.
- It may be uncomfortable when you pass urine (you may find it stings or burns). This is simply due to the operation / investigation carried out and is quite normal.
- Normally any bleeding and pain will stop of its own accord, generally within three days of the procedure. If you experience continued bleeding or pain, you may need to contact your GP and continue with the increased fluid intake for longer.
- You may take a bath / shower 24 hours after your procedure.

If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622.

Opening hours are 7.30am to 10.00pm Monday-Friday, 7.30am to 4.00pm Saturday. If you need help/advice outside these hours, please telephone Hopkins Ward on 0118 322 7771.

Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP or call 111.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

ADSU, January 2023

Next review due: January 2025