



Catheter removal following radical prostatectomy

This leaflet is for patients fitted with a urinary catheter following an operation to remove the prostate. It explains what happens when you return to hospital to have the catheter removed and what to expect afterwards. If you have any further questions or worries during this time please contact Hopkins Ward.

On arrival

Before you return to the Frederick Potts Unit for your catheter removal, please make sure you have drunk plenty of fluids. After we remove your catheter, please drink as you normally would for your comfort.

What to expect after catheter removal

Catheter removal is quick and painless. Once the catheter has been removed, temporary problems with urinary control are common and it is normal to experience leaking. This usually settles within 3-6 months but, during this period, you may need to wear absorbent pads. Please bring 2 pads with you to your appointment (you will have been advised where to obtain these from before your discharge from the ward).

Once your catheter is removed, you will be asked to empty your bladder into a urinal bottle. Once you have successfully passed 100mls of urine, you will then have a scan and, if all is well, you can then go home.

Once the catheter has been removed you may experience one or more of the following:

- **Frequency of passing urine:** It is quite normal to want to pass urine frequently for the first couple of hours after your catheter has been removed. Sometimes, this can be as often as every half an hour. This is nothing to be concerned about and should settle over a period of 1-2 days.
- **Urgency:** You may get very little warning when you want to pass urine and you may have to hurry to the toilet or you may not make it to the toilet in time. Again this is normal and will settle into a more normal pattern in time.
- **Incontinence:** It is normal to experience leaking at first. This does tend to settle but can take several months.
Do not become discouraged and please continue with pelvic floor exercises.

What to expect once you leave hospital

After removal of your catheter it may take some time for you to gain complete control of your bladder. During this time it may be necessary for you to wear a pad in your underwear. We will give you a small supply of pads when we initially remove your catheter. Continence Advisory Service (contact details below) will arrange further supplies.

If you have not already been given an advice leaflet regarding pelvic floor exercises, please ask one of the nurses to get you a copy or see the links below.

It may take a couple of weeks for you to see any results from these exercises but please continue to do them as they do help.

Further information

Continence Advisory Service

Email continence@berkshire.nhs.uk

Call Clinic 0118 904 6540

Call Home Delivery 0118 904 6530

Pelvic floor exercises for men

https://prostatecanceruk.org/media/975926/pelvic_floor_exercises-ifm.pdf or

www.baus.org.uk/patients/information_leaflets/32/pelvic_floor_exercises_in_men

Contact us

Hopkins Ward Tel. 0118 322 7771 / 7274 (direct line)

Frederick Potts Unit Tel. 0118 322 8629.

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

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

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