



Flexible cystoscopic laser ablation of a bladder tumour aftercare

This leaflet gives advice following bladder tumour removal. It is important that you understand what to expect and feel able to take an active role in your treatment and recovery. If you have any questions or concerns, please speak to your nurse.

About the flexible cystoscopic laser ablation

This procedure is carried out under local anaesthetic. The urologist (doctor specialising in the bladder and urinary system) places a flexible tube into your bladder via the urethra (the pipe that you pass urine from). This tube has a camera and a light on its inner end, so that the doctor can have a look directly into your bladder. The urologist then removes the tumour using a fine holmium laser beam and water.

What can I expect after my surgery?

- You may notice some blood and debris in your urine for some days after the operation. This is quite normal, as the debris can take a few days to be washed away.
- You may also notice some discomfort every time you pass urine for the next three days. You should take regular painkillers to help relieve your pain.
- These symptoms can be relieved by drinking lots of fluids for three days after the operation (at least three extra pints of fluid every day). This also helps prevent the risk of infection after the operation. **However, if you develop cloudy, smelly urine or develop a high temperature, you probably have an infection. Contact your GP immediately if this is the case.**
- You should take things easy for a couple of days but there is no need to stay off work. If you require a sick certificate please ask the staff before your discharge.
- You will receive an appointment to come into hospital in a few months' time for a further examination.

Who can I contact for more help or information?

If you have any further concerns following your discharge from hospital, please telephone:

- **Adult Day Surgery Unit: 0118 322 7622** (day case patients). Opening hours are 7.30am to 10.00pm Monday-Friday. If you need advice outside these hours, please telephone hospital switchboard on 0118 322 5111 and ask to speak to the on-call urology doctor.
- **Hopkins Ward: 0118 322 7274** (inpatients).
- After 24 hours, if you have any queries, please seek advice from your GP.

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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