



**The Dudley Group**  
NHS Foundation Trust

# Advice for patients after bladder investigations

**Day Surgery Unit**  
Patient Information Leaflet

## Introduction

This leaflet is for patients who have had bladder investigations. It gives advice on what you should do when you get home, and contact information for if you have any problems relating to your procedure.

## Advice

1. It is normal to experience some pain, stinging or have a burning sensation when you pass urine, for 24 hours after your procedure. If you experience discomfort, you can take painkillers such as paracetamol (always read the label; do not exceed the recommended dose).
2. It is normal to pass some blood and small clots in your urine or have blood staining, after the procedure. This should clear up after about two to three days.
3. After the procedure, we recommend that you increase the amount you drink (of non-alcoholic drinks) by one to two litres a day, until your urine clears and is normal in appearance.
4. You can start having sex again when it is comfortable to do so.

Remember: everyone recovers differently after surgery, so do not worry if you feel tired and weak for several days. This is quite normal. However, if this lasts for a long time, please see your GP.

## Helpline numbers

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to a member of staff or contact:

**Russells Hall Hospital Day Surgery Unit** on  
01384 456111 ext. 1886 (7.30am to 8pm, Monday to Friday)

or

**Pre-operative Assessment Unit** on  
01384 456111 ext. 1849 (7am to 7.30pm, Monday to Friday)

**Out of these hours, urgent queries:** contact Surgical  
Assessment Unit on 01384 456111 ext. 3359.

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/general-surgery/>

If you have any feedback on this patient information leaflet,  
please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔