

# Home advice for patients who have undergone Hydro-distension



**James Paget  
University Hospitals**  
NHS Foundation Trust

Author: Jasmine Bedford, Senior Sister, Day Care Unit

## Following your minor operation:

- It is advisable to increase your fluid intake for at least the first 24 hours.
- You may pass blood in the urine for the first few days.
- You may experience some discomfort/ mild burning on passing urine, but this should gradually improve after a day or two.
- Initial worsening of initial symptoms for a short period following the procedure is not uncommon.
- If you are still experiencing discomfort passing urine, increased frequency, a temperature, persistent bleeding, or generally feeling unwell after three days, please consult your GP.

## For 24 hours following your general or local anaesthetic:

- Do not drive a car, ride a bicycle or operate machinery
- Do not lock the bathroom or toilet door
- Do not make important decisions or sign legal documents
- Do not drink alcohol
- If there are any issues after you return home, please contact your GP
- It is important following surgery to remain as mobile as possible

**The Day Care Unit is open Monday to Friday from 07:00 to 22:00, if you have any concerns following your discharge home please do not hesitate to contact us on 01493 452029 or 01493 453006.**

**Out of these hours please contact NHS Direct on 111 or if you feel it is an emergency attend your local A&E department.**

### Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

**Before leaving please complete a Friends and Family Test feedback card.**

Help us transform NHS services and to support patient choice.

### OUR VALUES

#### Collaboration

We work positively with others to achieve shared aims

#### Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

#### Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

#### Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

#### Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print  
version of this  
leaflet, contact PALS  
01493 453240**