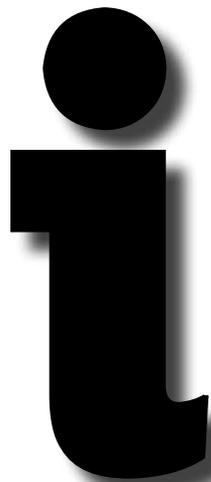


## **Going home after a clam cystoplasty** (page 1 of 2)



### **Will I have to wash out my bladder?**

Yes, because it is made out of bowel. Often, when the body is healing after the operation, the bladder needs to be washed more frequently to prevent blockage with mucous or debris. In time you may not need to do this as often.

If urine stops draining and you cannot get it to flow again, please telephone us **immediately** for advice.

### **How to do a bladder washout?**

The nurse on the ward will have shown you how to do this before you leave.

Equipment: 50ml bladder tip syringe, boiled cooled water or sterile water, jug, paper towels.

1. fill the syringe with 50mls of the water
2. disconnect the catheter bag
3. squirt the water from the syringe down the catheter (there may be some resistance from debris)
4. withdraw the fluid you have put into the bladder (you should see debris and mucus in the syringe)
5. discard the fluid removed
6. repeat if needed.

You will have the catheter on free drainage (leg bag) for the first 3 weeks.

Then the leg bag can be removed and you can start to use a flip flow.

### **Flip flow**

- you will need to open the flip flow frequently to start with as you will only be able to hold small amounts of urine in your bladder.
- we advise you to empty your bladder at least every hour to start with, gradually increasing the time between emptying as the bladder stretches.
- over time you should be emptying every 3-4 hours, draining approximately 500-600mls each time.
- some patients can have longer intervals but you should NEVER leave it more than 6 hours as the bladder may 'burst' if it becomes too full.

**Urology Specialist Nurses**  
**01722 336262 ext 4866**

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Name: Kate Chadwick  
Role: Urology Specialist Nurse  
Date written: Nov 2017  
Review date: Dec 2019  
Version: 1.0  
Code: PI1477

- at night you can put the catheter onto a night bag to prevent getting up at night.

## **Will I have a follow-up appointment?**

You will be given a follow-up appointment usually 6 weeks after leaving hospital. If you need to return to the hospital to have catheters or tubes removed, we will arrange this before you leave.

At this appointment you will have your catheter removed and be shown how to intermittently catheterise to empty your bladder. Even if you have done this before your operation we will go through it again with you to show you how to wash out your bladder using the intermittent catheter.

## **What should I do if I have a problem?**

If you have any problems catheterising, straightaway contact the ward or specialist nurse (contact details are at the end of this leaflet). Please contact the district nurse, your GP, or the hospital if:

- you think you have a urine infection (urine becomes thick or smelly, you have a fever or feel unwell, or there is blood in your urine)
- your operation scar becomes hard, red, oozes or becomes inflamed
- you have persistent abdominal (tummy) or back pain
- you have persistent nausea or vomiting.

## **How do I order supplies?**

Your GP will arrange this for you on a repeat prescription.

The order codes for equipment are:

50ml bladder tip syringe Ref: 300867

Flip flow Ref: 00-0060

## **Useful contact numbers**

Urology Nurses	01722 336262 ext 4866
Spinal Nurses	01722 336262 Ext 4291
Miss Davies Secretary	01722 425293

Urology Specialist Nurses  
01722 336262 ext 4866