



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

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 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 if you would like a reference list.

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Discharge from the Urology Department *(page 1 of 2)*

When your condition is stable, you will be discharged from the care of the Urology Department and your GP will continue to look after you. If you have any concerns about the treatment you have had in the urology department, please do not hesitate to contact your GP. If your GP feels at any stage you would benefit from specialist care you can be re-referred for further assessment.

Telephone follow up

Even though you do not need to return to the hospital for a routine check, in some cases it will be advisable to be followed-up with a telephone call by your urology nurse specialist. If this applies to you, an appointment to talk on the telephone will be sent to you in the post. If you have had an operation it will usually be about 3 months after discharge.

Blood tests

You may need to have a blood test following discharge from hospital. The doctor who discharges you will tell you if you need one and when to get it done. Please make an appointment with your GP for this. If you have had an operation it is usually required about 3 months after the operation.

If you have been treated for prostate cancer you should make sure you continue to have the blood test to measure your prostate specific antigen (PSA), regularly: at least annually but more frequently initially after your treatment. Your doctor will tell you how often it needs to be done.

Monitoring the outcome of your treatment

In order to monitor the outcome of your treatment you may be asked to complete a simple questionnaire at intervals up to one year after the start of your treatment. If this applies to you, the form will be sent to you in the post.

Advice on keeping your bladder healthy

- fluid intake. To help keep your bladder and urinary system healthy it is important to ensure you drink plenty of fluids: 8-10 mugs of assorted fluids should be sufficient
- to help reduce symptoms of urinary frequency and urgency:
 - * try to avoid drinks containing caffeine, (in tea, coffee, chocolate and cola), fizzy drinks and alcohol.

- * don't pass urine 'just in case', try to increase the amount of time between visits to the toilet.
- * do not try to hold on at night - it will only keep you awake. Practising holding on in the daytime will gradually help night-time problems.
- if you have been given water tablets you must take them no matter how often they make you want to go. If this causes a problem for you discuss this with your nurse or doctor.
- if you are overweight try to lose a few pounds, this relieves stress on the pelvic floor
- be careful with your diet - too much or too little fibre is not good for you. Try changing your diet to see what works best for you. It is important to avoid constipation, if eating plenty of fresh fruit and vegetables is not enough, you can ask your practice nurse for dietary advice.

Urinary Infections

If you experience any of the following symptoms you may have a urinary infection:-

- burning on passing urine
- shivering attacks
- cloudy offensive smelling urine
- flu like symptoms
- backache.

Contact your GP and arrange to take a urine sample into your surgery to be checked.

Contact Information

You may contact one of the Urology Nurse Specialists for telephone advice at any stage, however you will need to be referred by your GP if you need a further appointment.

Urology Nurse Specialists Tel: 01722 336262 Ext 4866.

If you are having problems with urinary leakage you may contact the Continence Nurse Specialists for further advice on 01722 323196.

