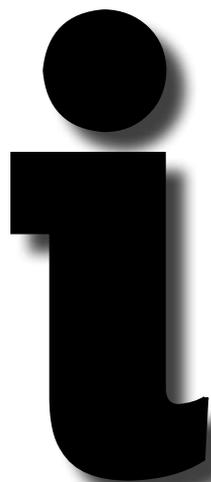


General Urological Advice *(page 1 of 3)*



Introduction

Whether you are under the care of your GP, hospital urologist or currently in good urological health, there are some simple measures to help improve your bladder health and urinary system or to keep it in the best possible condition.

Advice on keeping your bladder healthy

- 1. 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 every day should be enough.
- 2. Frequency and urgency:** 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
 - try not to pass urine 'just in case', instead, try to increase the amount of time between visits to the toilet
 - at night it is best not to try and hold on as this 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 problems for you, discuss it with your nurse or doctor.
- 3. Your weight:** if you are overweight, try to lose a few pounds, as this will relieve stress on the pelvic floor.
- 4. 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 very important to avoid constipation, so if eating plenty of fruit and vegetables is not enough. Ask your practice nurse for dietary advice.
- 5. Pelvic Floor Exercises:** urinary leakage is a common problem for women. Occasionally it can also affect men who have had urology surgery. In both cases we recommend pelvic floor exercises to strengthen the pelvic floor not only as a treatment for this problem but also as a preventative measure. Our 'Pelvic Floor Leaflet' provides instructions as to how to do the exercises and further information can be found through the links we have provided later on in this leaflet.
- 6. Urinary Infections:** urinary infections are quite a common problem especially for women. They are also more common for both men and women following urology surgery. It is important to be aware of the

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.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

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.

symptoms so early action can be taken.

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.

7. **Haematuria (blood in the urine) must be investigated:** there are many causes of blood in the urine (infection is one of them) but if this problem arises spontaneously, it needs to be investigated. Contact your GP who will test your urine and may send you to the hospital for further tests.

Blood in the urine is common after urology surgery, so there is no need to go to your GP in the first instance, if you have had a recent operation. It is usual for there to be slight bleeding for a few weeks which may increase at 14 – 21 days as a result of the healing process as scabs come away. If you are experiencing blood in the urine increase your intake of fluids both day and night until it settles. This measure will help reduce the risk of clots forming which may lead to you experiencing difficulty in passing urine. If you are concerned contact your GP or the urology nurses for advice.

Coming into hospital

If you are coming into hospital in the near future and waiting for an operation, you will receive specific information and advice about the procedure. In addition to that advice, it is important to look after your general health as this will aid your recovery and reduce the risk of complications such as deep vein thrombosis, urine, wound or chest infections.

Below are measures that you can take to achieve the best possible general health:-

- **stop smoking.** If you would like help with this, contact your practice nurse. www.nhs.uk/smokefree.nhs.uk
- **keep your alcohol intake to a minimum**
- **diet: Try to eat a well balanced diet** that includes 5 portions of fruit or vegetables a day. If you are overweight, try to lose a few pounds before your operation. If you are underweight, you might need to build yourself up. Your practice nurse will be able to give you dietary advice. www.nhs.uk/livewell/goodfood
- **exercise:** If you are able, **try to take regular exercise**, as this will stimulate the circulation and promote general well-being.

Further information

There are many websites offering urological advice and we have listed a few that we think will be most useful.

Salisbury Urology Website

www.salisbury.nhs.uk/InformationForPatients/Departments/Urology/Pages/IndexPage.aspx

Urology Health

A patient information website from the American Urology Association (AUA)

www.urologyhealth.org

National library of Medicine, This is a very comprehensive medical website for all types of patient information

www.medlineplus.gov.

The Continence Foundation, A good source for bladder and bowel problems

www.continence-foundation.org.uk

NHS choices

Has lots of information on incontinence

www.nhs.uk

The Cystitis and Overactive Bladder Foundation

Information and support to sufferers of cystitis, overactive bladder and painful bladder

www.cobfoundation.org

Cancerbackup

Europe's leading cancer information charity, with information and advice for cancer patients, their families and carers

www.cancerbackup.org.uk/cancertype

The Prostate Cancer UK

www.prostatecanceruk.org

Orchid

Information and advice about male cancers: testis, prostate and penis

www.orchid-cancer.org.uk

Kidney Cancer UK

www.kcuk.org