



The Portland Hospital
for Women and Children

Bladder Expansion

Introduction

The objective of this programme is to promote bladder expansion and provide baseline information about bladder capacity and function.

Patients who have never experienced the sensation of a full bladder need to learn how to recognise, interpret and act on signals that they receive from their bladder.

When the bladder has been augmented, it is important that it is not “challenged” too early, thereby stressing the anastomosis and increasing the risk of dehiscence.

It is important to encourage and maintain natural voiding if at all possible. Time, trial and error are required to establish the frequency of catheterization required by each individual but they do need some guidelines to follow.

The Time Parameters are:

- Start on waking every morning
- Void and then release the catheter if any abdominal / flank pain
- Void and then release the catheter if any leakage of urine from the urethra or stoma site
- Void and then release the catheter if two hours has passed and neither former situations has arisen
- Commence free drainage before sleeping

The Patient is asked to:

- Note and record any pain experienced and how it was relieved (voiding, releasing and catheter or use of

analgesia)

- Measure and record urine volumes:
 - Voided
 - Via Catheter
 - Overnight Volumes

Patients are advise to remain on free drainage (or wake to catheterize) if overnight volumes are twice (or more) the maximum day time volumes.. For example if the maximum daytime capacity is 300 mls and overnight volumes are regularly greater than 600 mls. It may take several months to establish sufficient bladder capacity to accommodate volumes.

Frequency of Catheterisation

Long Term

- Immediately prior to undertaking any strenuous exercise.
- Keep daytime urine volumes less than 400 mls
- Every 4 to 6 hours
- Increase frequency in presence of urinary tract infection

Contact

If you have any worries at home, please call 020 7580 4400 or extension 8240 and ask for Sue Keeble, during office hours.

Disclaimer

Whilst this leaflet aims to provide you with useful advice and information it must be noted that it should only act as a guideline. Should you have any further concerns about this procedure, it is advisable that you discuss it with your Consultant.