



Discharge Advice following Urethral Reconstruction

- Maintain adequate fluid intake. Encourage your child to drink more fluids than normal. (Minimum of two extra bottles or glasses of juice or water every day).
- Encourage your child to remain restful with no active play, bicycles or straddle toys. Your child is likely to suffer more pain and discomfort if he is mobile.

Either

- Keep your child in double nappies, as shown by Nurses in hospital. Check and change nappies every four hours. Ensure that urine constantly drips from the stent.

Or

- Ensure the catheter is secured to the abdomen and that the drainage bag is kept at a level lower than the bladder. Empty the catheter bag four hourly, cleaning the end with an alcohol swab as shown by the nurses. If there is no urine in the bag, check the tubing is not kinked.
- The dressing will get smelly. Do not interfere with it. Clean the area with cotton wool and warm water. No baths until the dressing is removed.
- Prevent constipation as this may cause increased pressure on the suture line and bladder spasms. Encourage fruit and fruit juices. Lactulose helps to soften the stool and may be used as a laxative (no prescription necessary).
- If your child has any discomfort or pain, give them Calpol / Nurofen (Paediatric Panadol or Ibruprofen, no prescription necessary).

Contact

Please contact Sue Keeble on 020 7580 4400 bleep 38 or 5th floor staff on 020 7390 8240 or 8268 if any of the following occur:

- No wet nappies on changing or no urine in the drainage bag.
- Bleeding from the dressing, stent or catheter.
- Bladder spasms or pain which is not controlled by Calpol / Nurofen.
- Temperature above 38°C.

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.