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## **If you have a catheter/suprapubic tube:**

- You may experience cramping in your abdomen or back that feels like you need to have a bowel movement/menstrual cramps (for ladies).
  - **What you can do:**
    - Take the medicine given to you for bladder spasms (Examples: Hyocyamine, Flavoxate, Prosed, Uribel, Oxybutynin)
    - Look to see if urine is draining into the bag. If the tube is kinked, make sure to keep it straight so that it can drain well. (If the catheter is not draining and the tube is not kinked, call your doctor)
    - Apply a heating pad to the abdomen
    - Keep bowels soft and avoid constipation. **Some good options to combat constipation** are Colace, Prune juice/Whole prunes, Senna, Milk of Magnesia (30cc every 4 hours until bowel movement), Miralax, and plenty of water.
- You may experience bloody urine after your procedure. In most instances, this is normal. If there are many large clots, urine is not draining into the bag, and/or you feel pelvic pain/pressure, call your doctor. Otherwise, drink plenty of water to keep the bladder flushed.
- Burning and discomfort in the penis and/or urethra is normal. Usually this can be controlled with medication such as Pyridium, Prosed, Urelle, Uribel, and Over-the-counter AZO, or Cystex.
- You may experience leakage from around the catheter. This is generally caused by bladder spasms. You may or may not have pain with this. It is usually a result of the bladder reacting to the catheter. If no urine is draining into the bag, you have blood clots, and you have pain, call your doctor. Otherwise, you would need to take your medication for bladder spasms to help combat the leakage (see above).
- General care is to wash around the catheter with warm, soapy water. You may shower with a catheter. Usually placing Neosporin or Triple Antibiotic ointment around the catheter where it enters the body helps to keep the area of skin from becoming irritated from the catheter rubbing against the skin.
- Remember to keep the bowels soft. This can make a big difference in the level of discomfort that you feel. Remember that pain medicines such as Lortab, Vicodin,

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Percocet, Norco, Dilaudid, etc will cause constipation. It is very important to drink plenty of water and use stool softeners/laxatives to counteract this.

## **What to avoid:**

- Lifting more than 10 lbs (Equal to a gallon of milk)
- No sexual activity of any kind for at least 6 weeks after surgery
- Long car rides over rough roads for 2 weeks. Short trips are okay.
- Strenuous exercise such as squats, lunges, lifting weights, impacts aerobics, running, and jumping.
- Any activity that causes pelvic pressure
- Constipation (see above info to keep bowels soft)

## **When to call your doctor:**

- Increasing pain or severe pain not controlled with pain medicines or anti-spasmodics.
- Nausea or vomiting
- Temperature greater than 100.4 degrees
- Increased wound tenderness with redness, swelling, or discharge that has changed or increased in severity
- Heavy bleeding with clots clogging the catheter
- Foul-smelling urine

## **Go to the Emergency Room if you have:**

- Chest pain
- Shortness of breath
- Severe headache
- Loss of consciousness
- Other symptoms of concern