



POSTOPERATIVE URINARY CARE

What you need to know

The inability to urinate after surgery is a relatively common complication.

This leaflet contains helpful information to help you prevent this urinary complication once you return home after your surgery.

What is postoperative urinary retention?

Urinary retention is the inability to completely empty the bladder despite attempts to urinate. General or regional anesthesia can block the signals that activate the bladder muscle and suppress the urge to urinate.

Urinary retention can cause discomfort in the lower abdomen, a mass above the pubic area (known as a distended bladder), general discomfort, or leakage of only small amounts of urine. Urinary retention can also be asymptomatic.

If you are unable to urinate or showing signs of urinary retention, the nurse will measure the amount of urine in your bladder using a portable ultrasound device called a bladder scanner. If there is a large amount of urine in your bladder, the nurse will recommend ways to help you urinate on your own. However, if you are still unable to empty your bladder, the nurse may need to insert a small catheter into your bladder through your urethra (in your genital area) to drain the urine (urinary catheterization).

Once you are home

- Stay hydrated (unless you are told otherwise);
- If you are having problems urinating, you can:
 - apply hot compresses to the perineum;
 - let the water run in your sink.
- If eight hours go by and you still have not urinated, or if you experience symptoms of urinary retention, go to the Emergency department immediately with this leaflet.



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If you were discharged with a urinary catheter

You may see traces of blood and feel a burning sensation the first few times you urinate.

- If these symptoms last more than **48 consecutive hours** and if you develop a fever ($\geq 38.5^{\circ}\text{C}$ or 100.4°F), consult your doctor.
- If you notice blood clots, consult your doctor.
- If eight hours go by and you still have not urinated, or if you experience symptoms of urinary retention, go to the Emergency department immediately with this leaflet.

Type of surgery: _____

Name of surgeon: _____

Date and time of urinary catheterization: _____

Comments: _____

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.