



Wake Forest University Baptist
MEDICAL CENTER®

Urology

Discharge Instructions Following Bladder Neck Suspensions/Pubovaginal Sling Surgery

Most patients are sent home with a suprapubic tube/catheter (a tube which drains urine from the bladder through the lower abdomen), usually after receiving instructions on how to “cycle” your tube. As a concise reminder: you are to attempt urinating on your own whenever you feel the need. Even if you don’t “need” to urinate, attempt to do so every 3-4 hours. After each urination or attempted urination, twist the cap off of your suprapubic tube and empty the remaining contents of your bladder into a measuring cup. Record the amount that you drain from your tube/catheter after each urination.

It is common to have blood in the urine after your procedure. It may be pink or even red; inform your doctor if you have a significant amount of clots in the urine or if you are unable to void at all (and your catheter is not draining). Make sure to drink 6-8 glasses of liquids daily.

1. Your incision has already started the healing process. If you notice excessive drainage of liquid or blood from your incision, inform your doctor. The same applies to the site where your suprapubic tube is, once it is removed by your doctor.
2. Drink at least 6-8 glasses of fluid per day; minimize night-time drinking if this causes you to awaken regularly to urinate
3. You may resume your regular diet and regular medication regimen.
4. You may shower. You may remove any dressings that may be over your incision or your suprapubic tube prior to showering, and then replace the dressing(s) afterwards (gently pat the area dry prior to reapplying any dressings).
5. You may experience weakness after you are discharged from the hospital. This is normal. You will slowly regain your strength as time goes by.
6. You may walk around and go up and down stairs.
7. Do not exercise, lift heavy objects, return to work, or resume sexual activity until you are told to do so by your urologist.
8. You will be given a prescription for pain medication; continue using this as long as your pain persists. As soon as Extra strength Tylenol is adequate, you can switch to this instead – it is less constipating. If you have severe pain that does not improve with the pain medication, call your doctor.
9. You will have a prescription for an antibiotic when you go home, take these medications as instructed; if you miss one dose, resume taking them on your previous schedule until you have completed the entire course of treatment.

10. Call your physician if you have a fever over 101°F.
11. Call your physician if your suprapubic tube is accidentally pulled out.
12. Make a follow up appointment with your urologist when you arrive home (or the next business day).
13. Call your urologist during normal business hours with any other routine questions.