

# After Your TULSA Procedure

## Day After Your Procedure

### BEGIN TAKING THE FOLLOWING MEDICATIONS:

- Ditropan 10mg XL: 1 tablet each day as needed for bladder spasms
- Tramadol (ConZip, Ultram): 1 tablet every 6 hours if needed for pain
- Ibuprofen (Advil, Motrin): 600 mg by mouth every 8 hours with meals for one week
- Pyridium (Azo, Prodiuram): 200 mg by mouth every 8 hours as needed

**RESUME TAKING** all normal medications, unless otherwise instructed by your urologist.

**CONTINUE TAKING** Flomax and Antibiotics as prescribed by your urologist.

## What to Expect

### ACTIVITY:

- Rest for a couple of days after your TULSA Procedure. Have someone stay with you overnight, and do not drive.
- You may resume your normal activities and return to work 2 days after your TULSA Procedure.
- However, no heavy lifting or strenuous activity for the next 5-6 days (any activity that makes you strain) unless directed otherwise by your doctor.
- Wear supportive underwear. Please check with your doctor if you have any concerns about returning to work/resuming normal activities.

### DIET:

- You can eat/drink as normal immediately after your TULSA Procedure. Drink plenty of fluids.

### CATHETER:

- Care for your urinary catheter using the attached urinary catheter instructions. Always wash your hands before and after handling the catheter/catheter bag.
- Remember to attend your appointment for catheter removal.

### FOLLOW-UP:

- Be sure to go to all appointments and call your urologist if you are having problems.
- It is normal to have some blood in the urine for several days following a TULSA Procedure.
- Short-term risks following a TULSA Procedure include infection, bleeding, and urinary retention after catheter removal.

## CALL YOUR UROLOGIST FOR ANY OF THE FOLLOWING:

- You have a fever with a temperature over 101 degrees F
- Flu-like symptoms like chills, shaking, sweats, malaise, body aches, nausea
- You have signs of infection (redness/swelling/pus) around the catheter entry point
- You have no urine or very little urine flowing into the catheter bag for 4 or more hours
- You have significant bleeding or clots in your urine that does not improve with each emptying of your urinary drainage bag
- You have significant pain that is not managed by the prescribed medications

# Caring For Your Urinary Catheter

Youtube links: [https://www.youtube.com/watch?v=B\\_yVxoxpOE8](https://www.youtube.com/watch?v=B_yVxoxpOE8)  
<https://www.youtube.com/watch?v=L7IIYArTX4>  
[https://www.youtube.com/watch?v=xI\\_4MCxiB-4](https://www.youtube.com/watch?v=xI_4MCxiB-4)

## What is a urinary catheter?

A urinary catheter is a flexible plastic tube used to drain urine from your bladder when you cannot urinate on your own. The catheter allows urine to drain from the bladder into a bag. Two types of drainage bags may be used with a urinary catheter:

- A *bedside bag* is a large bag that you can hang on the side of your bed or on a chair. You can use it overnight or any time you will be sitting or lying down for a long time.
- A *leg bag* is a small bag that you can use during the day. It is usually attached to your thigh or calf and hidden under your clothes.

Having a urinary catheter increases your risks of getting a urinary tract infection. Germs may get on the catheter and cause an infection in your bladder or kidneys. You can help prevent this problem with good hygiene and careful handling of your catheter and drainage bags.

## How can you help prevent infection?

### TAKE CARE TO BE CLEAN:

- Always wash your hands well before and after you handle your catheter.
- Clean the skin around the catheter twice a day using soap and water, then dry with a clean towel. You can shower with your catheter and drainage bag in place unless your doctor told you not to.
- When you clean around the catheter, check the surrounding skin for signs of infection. Look for things like irritated, swollen, red, or tender skin around the catheter.

### BE CAREFUL WITH YOUR DRAINAGE BAG:

- Always keep the drainage bag below the level of your bladder. This will help keep urine from flowing back into your bladder.
- Check often to see that urine is flowing through the catheter into the drainage bag.
- Empty the drainage bag when it is half full. This will keep it from overflowing or backing up.
- When you empty the drainage bag, do not let the tubing or drain spout touch anything.
- Keep the cap that comes with the tubing and cover the tip of the tubing when not in use.

### BE CAREFUL WITH YOUR CATHETER:

- Do not unhook the catheter from the drain tube until you are ready to change the tubing and bag. That could let germs get into the tube.
- Make sure that the catheter tubing does not get twisted or kinked.
- Do not tug or pull on the catheter. Make sure the drainage bag does not drag or pull on the catheter.
- Do not put powder or lotion on the skin around the catheter.

## How do you empty a urine drainage bag?

Wash your hands before and after you touch the bag.

1. Remove the drain spout from its sleeve at the bottom of the drainage bag.
2. Open the valve on the drain spout. Let the urine flow out into the toilet or a container. Be careful not to let the tubing or drain spout touch anything.
3. After you empty the bag, close the valve. Then put the drain spout back into its sleeve at the bottom of the collection bag.

## How to switch to a bedside bag for overnight use?

Wash your hands before and after you handle the bags.

4. Empty the leg bag that is attached to the tubing and catheter.
5. Put a clean towel under the tubing attached to the leg bag.
6. Use an alcohol wipe to clean the tip of the tubing attached to the bedside bag.
7. To stop the flow of urine, pinch the catheter with your fingers just above the tubing connection.
8. Use a twisting motion to disconnect the leg bag tubing from the catheter.
9. Then securely connect the catheter to the tubing from the bedside bag.

## How do you clean a bedside drainage bag?

Many people clean their bedside bag in the morning if they switch to a leg bag.

1. Remove the bedside bag and attach the leg bag.
2. Fill the bedside bag with 2 parts vinegar and 3 parts water. Let it stand for 20 minutes.
3. Empty the bag, and let it air dry.