

## BLEEDING

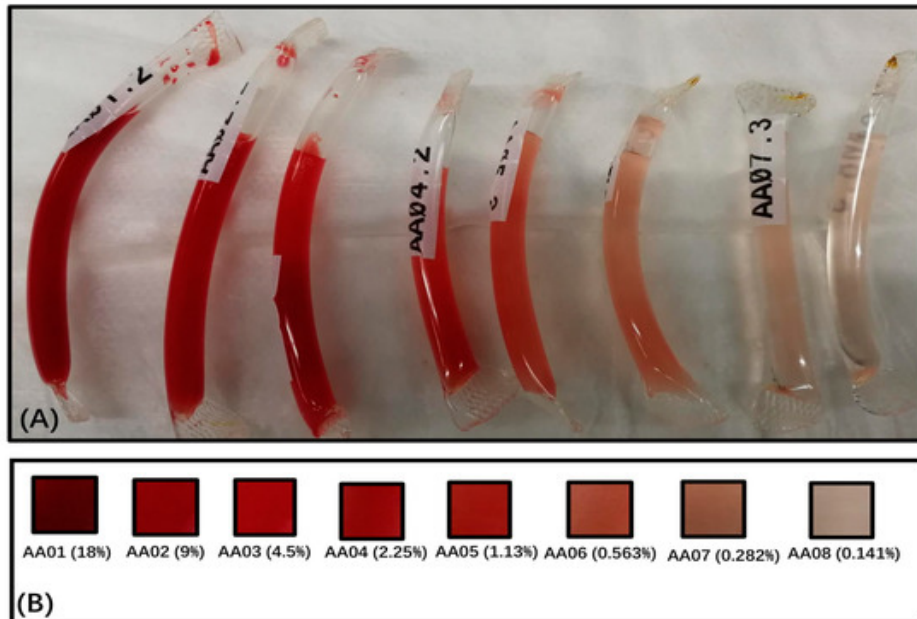
It is normal to have some light bleeding intermittently in the urine after a urological procedure. It usually causes red or brown discolouration of the urine, and is darker in the mornings.

Procedure	Severity	Duration
Cystoscopy Urodynamic studies Botulinum toxin injection	Light	1-3 days
Bladder biopsy or resection Laser or stone surgery Prostate biopsy or seed insertion Prostate steam ablation (Rezum)	Light to moderate	1-5 days
Insertion of stent	Light	Weeks to months
Prostate resection (TURP) Prostate green light surgery	Moderate to heavy	1-6 weeks
Robotic prostate surgery	Light Bruising at incision and lower abdomen	1-10 days
Artificial sphincter Sling Vasectomy Vasectomy reversal Scrotal or testicular surgery Sacral neuromodulation	Bruising at site Bleeding at incision	1-5 days

**Pee into a transparent jar or container and look at the colour and consistency:**

- Fresh and persistent bleeding makes the urine look bright red, like cordial
- Old blood looks deep red or brownish, like Coke or red wine
- With light or minor bleeding, you can see through the container and urine looks watery and clear
- With heavy bleeding, you cannot see through the container and the urine looks thick and viscous, with stringy lumps or clots - **contact Dr Ooi or go to the Emergency Department**

<-----Contact doctor-----> <-----Observe----->



Reference: Chan YH, Chen K, Wu Q, Chiong E, Ren H. Pre-Clinical Proof-of-Concept Study of a Bladder Irrigation Feedback System for Gross Haematuria in a Lab Setup. Multimodal Tehnol Interact 2020;4(3):59 <https://doi.org/10.3390/mti4030059>

**If the colour is light, it is usually caused by minor capillary bleeding that will settle down. These measures will help:**

1. Drink more fluids to flush the blood through and prevent clots from forming
2. Rest and take it easy - avoid strenuous activities which may worsen the bleeding
3. Do not lift anything heavy or strain on stools - this increases pelvic pressure which may worsen the bleeding
4. If you are on blood thinning medication, please consult with Dr Ooi to see if you can stop it for a few days

**If the colour is thick and no longer translucent in a clear container, or if there are clots, please collect some urine or take a photo and do one of the following:**

1. Call an ambulance or go to the nearest emergency department, especially if you are unwell or having trouble passing urine
2. Contact the hospital where you had your surgery and ask to speak to the duty nurse manager (available 24 hours a day), or a nurse from the ward you were discharged from
3. Contact Swan Urology and ask for an urgent review with Dr Ooi
4. Contact your General Practitioner and ask for an urgent review