

URGENCY, FREQUENCY AND BURNING

It is normal to have urethral and bladder irritation after bladder or prostate surgery. This is usually related to minor surface trauma caused by the passage of instruments up and down the urethra and biopsy, resection or cautery performed on the bladder or prostate. During this period, you may experience lower abdominal, penile tip pain and stinging or burning when passing urine. You may feel the sensation to pass urine more frequently and urgently even if the bladder is empty.

These symptoms will gradually improve over time. If the symptoms are getting worse instead of better, please contact Dr Ooi's rooms or see your GP.

Procedure	Symptoms	Duration
Catheter insertion Cystoscopy Urodynamic studies Prostate biopsy or seed insertion Botulinum toxin injection	Burning Frequency and urgency	1-3 days
Bladder biopsy Bladder tumour resection (TURBT)	Burning and discomfort Frequency and urgency	1-7 days
Laser or stone surgery Insertion of stent	Back pain when voiding Frequency and urgency	1-7 days
Prostate steam ablation (Rezum) Prostate resection (TURP) Prostate green light surgery	Burning and penile pain Frequency and urgency Variable flow	1-4 weeks

Things you can do to relieve the symptoms:

1. Drink more fluids to dilute the urine
2. Avoid tea, coffee, alcohol and acidic or carbonated drinks
3. Avoid acidic or spicy foods
4. Keep the bowels regular and avoid constipation
5. Take Ural four times a day as required
6. Take simple pain killers (Paracetamol and/or Ibuprofen)

If the symptoms are severe or associated with symptoms of fever, lethargy, tiredness, sweats or chills, please see Dr Ooi or your GP:

1. Do a urine test to exclude infection and start a course of antibiotics
2. Lignocaine gel can be applied around a catheter to reduce irritation
3. Anti-spasmodics (Oxybutynin/Solifenacin) may reduce frequency and urgency
4. Stronger pain killers (Tapentadol/Celecoxib) can be used short-term