

What to Do If You Cannot Urinate After a Procedure



Anatomy

Kidneys: These organs are in the middle of your back, under the rib cage. There is one kidney on the left and one on the right. Healthy kidneys:

- Make hormones that help your body maintain salt balance, blood pressure and calcium levels, and
- Remove excess water, salts, and waste products. This waste becomes urine.

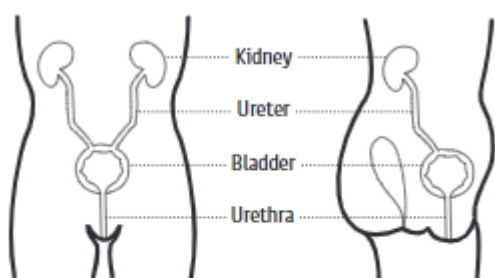
Bladder: This organ is a muscular sac that holds urine. When the muscular wall of the bladder contracts (squeezes), urine leaves the body through the urethra.

Ureters: Narrow tubes that carry urine from the kidneys to the bladder. Muscles in the ureter walls continually tighten and relax, to move urine to the bladder.

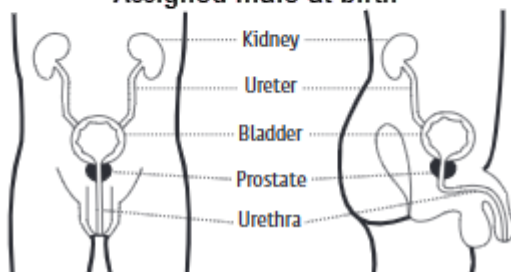
Urethra: A tube that lets urine leave the body.

Pelvic floor: A muscle that supports and holds up the pelvic muscles, including the bladder.

Assigned female at birth



Assigned male at birth



Your bladder after a procedure

It is important to empty your bladder regularly. This prevents tissue stretching and reduces your risk of infection. A bladder that is too full can cause pain, nausea, and bladder nerve problems.

After surgery or other procedures, it can be difficult to empty your bladder. This can happen if:

- You received anesthetic medications called muscle relaxants during surgery, they can stay in your body up to 24 hours. These medications can affect your bladder muscles.
- During surgery, the doctor gently moved your bladder and ureters to access other tissue. This can affect nerves in the area.
- You had a urinary catheter. This can inflame or irritate your urethra.
- You feel pain or discomfort after surgery.
- You worry about how it will feel to empty your bladder.

Helping yourself recover

Drink lots of fluids. It is recommended to drink 1 cup of fluid every hour while awake.

Avoid fluids and food that can irritate the bladder like caffeine (tea and coffee), carbonated beverages (soda drinks), chocolate, and alcohol.

Caring for yourself at home

While you are awake, try to empty your bladder every 4 hours. You may not be able empty your bladder the first time that you try. This should improve over the next 6-8 hours.

To help yourself urinate:

- Turn on the tap while you sit on the toilet.
- Take long, slow breaths to relax your pelvic floor. Imagine the feeling of passing gas.
- Gently blow through a straw to engage the muscles in your pelvis.

- Use a squeeze bottle to pour warm water over your perineum or sit in a shallow bath with warm water that covers your perineum. Then, try to urinate.
- Put your hand in warm water while on the toilet.
- Stand up from the toilet for a moment, then sit down again. This can trick the bladder into thinking that you're peeing for the first time.
- Put your hands over your bladder. Lean forward while your hands keep pressure on the bladder.
- Put a foot stool under your feet so that your knees are higher than your hips. Rest your forearms on your thighs and lean forward.
- Take your time.



Contact your Gynecologist or go to Emergency if you:

- Have bladder pain or feel like your bladder is full, but you cannot pee.
- Cannot pee for 8 hours after leaving the hospital, despite drinking lots of fluids.
- Have a fever or chills.
- Have nausea or vomiting for more than 24 hours, and you cannot keep fluids down.
- Have ongoing nausea or vomiting for more than 24 hours, and you cannot keep fluids down.

DO NOT go to the Urgent Care Centre at BC Women's as it is ONLY for pregnant patients.