



UBC Hospital - Bladder Care Centre

Koerner Pavilion Unit 1B

2211 Wesbrook Mall

Vancouver, BC V6T 2B5

Tel: 604.822.6143

Fax: 604.822.6984

<https://www.vch.ca/en/location/bladder-care-centre-ubc-hospital>



General Home Instructions

If you have any problems or need to make a follow-up appointment,
please call your doctor's office:

- ☐ Dr. A. Kavanagh (Main office: VGH)..... 604.875.5003
- ☐ Dr. D. Rapoport (Main office: Richmond Hospital)..... 604.273.4320
- ☐ Dr. D. Wilkie (Main office: St. Paul's Hospital)..... 604.736.5404
- ☐ Dr. J. Mickelson (Main office: Richmond Hospital)..... 604.273.4320
- ☐ Dr. M. Nigro (Main office: VGH)..... 604.875.5003
- ☐ Dr. C. Poon (Main office: Lions Gate Hospital)..... 604.987.8171
- ☐ Dr. H. Tran (Main office: St. Paul's Hospital)..... 604.688.5116
- ☐ Dr. K. Anderson (Main office: VGH)..... 604.875.5003
- ☐ Vancouver General Hospital – Urology Team..... 604.875.5003

➤ Dr. _____

- ☐ Follow up after your test with your urologist: Dr. _____

PROCEDURE:

- | | |
|--|--|
| <input type="checkbox"/> Cystoscopy and/or Urodynamics | <input type="checkbox"/> Self-catheterization teaching |
| <input type="checkbox"/> Removal of Stent | <input type="checkbox"/> Stone retrieval |
| <input type="checkbox"/> Urethral Dilatation | <input type="checkbox"/> Botox |
| <input type="checkbox"/> Bladder Instillations | <input type="checkbox"/> Pessary Fitting |

HOME INSTRUCTIONS:

- ☐ **Drink 1 cup (250ml) of water every 2 hours**, for the rest of the day. Ensure to **urinate frequently** (urinate every 1.5-2 hours) until your bedtime. [Then return to your normal routine the next day]. If you have fluid restriction orders from your doctor – please follow the exact amount they ordered.
- ☐ There may be some blood in your urine, and you may feel some irritation while urinating for 1 to 2 days.

Notify your Family Doctor/Urologist or go to the Emergency Department if any of the following happens:

- Urine becomes increasingly bloody
- You pass many blood clots
- You develop chills and/or fever with a temperature higher than 38°C or 101°F
- You are unable to urinate for 8-10 hours
- You are having pain, burning, or feeling of having to urinate often, for more than 48 hours
- Your urine smells foul and/or cloudy in color
- Back pain
- Prescribed medication does not relieve your pain