

## Management Plan

This is **your** personal management plan with the aim of helping you stay better informed through your investigation and treatment

Name:

Treatment:

Date and Time of first dose:

Follow Up:

## Patient Guide to Urinary Retention Management Ambulatory Emergency Care

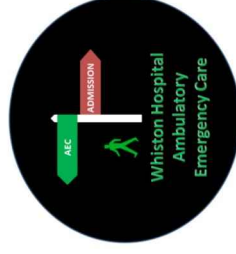
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Emergency Care Team



### What is Acute Urinary Retention? (AUR)

This is the inability to pass urine – resulting in retention of urine. This can become painful and require treatment with insertion of a catheter. AUR is more common in men than women.

This information leaflet is designed to provide some background information, not to replace the advice of a clinician.

#### Causes

- Prostate enlargement
- Infection
- Certain Medications

#### Treatment

This can comprise of:

- Bladder scan (to determine how much urine is in your bladder). This is painless and very similar to the ultrasound scans pregnant women have.
- Blood Tests (to look at kidney function / infection)
- Urine tests (to look for infection)
- Insertion of a catheter
- Medications

#### Next steps

Once your care in Ambulatory care is complete you can go home.

The staff will let you know the next steps for your treatment before you leave, which may include return to the unit for continued treatment and review. You will be encouraged to be actively involved in your own care management wherever possible.

If you are being discharged home with a catheter, then the staff will provide information about how to look after it; and go through this with you. Some other useful internet links for catheter care are listed on the next page.

Usually the catheter will stay in for 2 weeks and we will make an appointment at a clinic for you to see a specialist (urology doctor) to have it removed. This is a quick, easy and painless procedure and you will have the opportunity to discuss your condition further with the urology specialists. The clinic you will attend is called the TWOC (Trial without catheter) clinic.

We recommend you seek medical advice (GP, Practice Nurse, and District Nurse). If you develop

- Smelly cloudy urine, fevers, generally unwell, shakiness
- Feeling sick or light headed
- Your Catheter is blocked
- Your catheter falls out
- Large clots / debris in the urine
- Bladder Spasms

If you have any concerns or queries after you leave the unit please call the unit on 0151 430 1391 (A&E AEC) or 0151 430 4168 (Ward 1B AEC)

#### Useful Links for further information

<http://www.baus.org.uk/Resources/BAUS/Documents/PDF%20Documents/Patient%20information/Catheter.pdf>

**If you require any advice about your condition, contact the A&E AEC on 0151 430 1313.**

**IF YOU CONSIDER IT AN EMERGENCY PLEASE DIAL 999 OR ATTEND  
THE EMERGENCY DEPARTMENT**