



Patient Information

Urogynaecology Procedure Clinic: Aftercare (Bulkamid)

You have undergone a minor operation to prevent leaking of urine on exertion (such as cough, sneeze, and jump, run or for high impact activities). This leaflet is to remind you of what to expect after having Bulkamid treatment and symptoms that you should be worried about.

What can I expect after the procedure?

When the procedure is complete we will allow you some time to adjust to sitting up then standing. When you are ready you will be asked to get dressed in the same area you put your gown on. Following this, we will want you to be able to pass urine before leaving the department. This will be measured by the nurses who have been with you in the clinic.

- Pain relief - Pain is usually minimal after urethral bulking but any discomfort can be treated with pain relieving tablets.
- Eating and drinking - You can eat and drink as normal after the procedure.
- Going home - You are not usually admitted to hospital but if you are unable to pass urine by the end of the clinic you may require further monitoring in our gynaecology emergency unit attached to Beech Ward.
- Antibiotics – you will be given a routine three day course of antibiotics. Please confirm if you have any allergies to medication before being given the prescription



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What can I expect when I get home?

Staying mobile is important following any procedure. Bath or shower as normal.

You should be able to return to normal activities but if you have a heavy lifting or demanding job the consultant may advise a week or two off work. You must refrain from heavy lifting for approximately three weeks.

We would advise that you refrain from sexual intercourse for the first three weeks.

You will have a follow up appointment between six weeks and six months after the operation. This may be with a nurse by telephone, face-to-face with a nurse or with the consultant. This will depend on factors such as waiting list times for follow and specific patient monitoring.

Are there any symptoms that I should worry about?

As with any intervention or procedure there can be effects that are flags for concern. If you experience any of the following please contact your GP or Out Of Hours service as soon as you can.

- Severe pain
- High fever
- Pain or discomfort passing urine or blood in the urine

If you have any further questions please call the Gynaecology emergency unit out of hours where you can ask for a call to be returned on 01793 605254 or contact us via email

gwh.urogynae@nhs.net

If you have any questions about your appointment or need to change the date or time, please contact:

Women's Health Out - Patients Tel: 01793 605252 / 604980



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Arriving by car:

There is a pay & display car park. When buying a ticket, please allow enough time for the length of your stay.

Disabled Parking:

There are spaces close to the hospital entrance.

Set down Area:

For patients with walking difficulty, you may stop in front of the entrance for 20 minutes. Ask at reception in the hall for use of a wheelchair if this helps.

Arriving by bus:

There are frequent services from the town centre and surrounding areas.

For current bus times ring: (01793) 428428

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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