



Planning the return home

A practical pathway for care and questions after a urological procedure.



Illustrative consultation scene; not a photograph of this practice.

Educational illustration

01 Before leaving

Ask for written instructions on medicines, equipment and warning signs.

02 Practise together

Demonstrate the care back to the professional, with your caregiver if you wish.

03 Plan supplies

Confirm supplies, prescriptions and how to obtain replacements.

04 Support recovery

Follow activity and dietary advice. Do not change blood thinners or medicines yourself.

05 Plan follow-up

Record reviews, device-removal appointments and contact arrangements outside usual hours.

When to seek help

Breathing difficulty, severe illness, fever with deterioration, uncontrolled pain or heavy bleeding: emergency care.

These reminders complement a demonstration by your team. Personal instructions and device directions take priority. Never improvise insertion, removal or flushing.

Sources and references

[Memorial Sloan Kettering — Bladder surgery and ileal conduit](#) · [NHS — Living with a urinary catheter](#)