

# Bladder Neck Incision (BNI)

## Patient Information – Urology Service

### The bladder

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The bladder is a muscular sac in the pelvis, just above and behind the pelvic bone. When empty, the bladder is approximately the size of a pear.

The function of the bladder is to collect, store, and expel urine made by the kidneys. The layers of muscle tissue that line the bladder stretch to hold urine.

When the bladder is full, the nerves that supply it send a message to the brain. Then under your control, the bladder muscles squeeze and the sphincters (valves) open to allow urine to flow out.

The urine exits the bladder via the urethra (tube from the bladder that empties the urine).

Sometimes, the flow of urine is impeded by scarring at the neck of the bladder. This is known as bladder neck stenosis.

### Bladder neck stenosis symptoms

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The narrowing of the bladder neck may cause some or all of the following symptoms:

- Weak urine stream
- Urine frequency – the need to pass urine often
- Urine urgency – the need to pass urine in a hurry
- Nocturia – the need to get up at night to pass urine
- Incomplete emptying of the bladder.

### What happens during my operation?

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A small camera called a cystoscope is passed through your urethra into your bladder.

A small incision is then made in the bladder neck, where the urethra joins the bladder, to widen the urinary channel.

After the incision has been made, a catheter (a small drainage tube that passes through the urethra into the bladder) is inserted to drain your bladder.

Sometimes this catheter has an extra opening to allow fluid to continually flow into your bladder to help flush out any clots or bleeding. This is called continuous bladder irrigation.

### What to expect after the operation?

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You will first be transferred to the recovery room until you are awake and feeling comfortable, and then transferred to the Urology Unit or Day Stay Unit (DSU).

Once on the ward, your nurse will check the following regularly:

- Vital signs
- Pain / discomfort
- The colour and amount of urine you are producing.

Generally, at 6 am the morning following your procedure, the catheter will be removed. At first it may be painful to pass urine and you may find that you are passing urine more frequently.

Let your nurse know if you are unable to pass urine and become uncomfortable. Some patients are unable to pass urine after the operation due to temporary internal swelling. In this case, a catheter will be inserted, and you will go home with this and try to pass urine at a later date.

Since the scarring is cut during the operation, there is often an immediate improvement in your urine flow. As the tissue heals, urinary symptoms improve. In some men, the improvement in urgency, frequency and nocturia may take several weeks.

The usual length of stay in hospital is one night, however some patients do not need to stay overnight in hospital at all.

## What to expect after discharge?

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If you experience increasing frequency, burning or difficulty passing urine, please contact your GP immediately.

You may experience bleeding up to 10-14 days after the operation. This is due to scabs separating from the incision on the prostate.

Avoid strenuous physical activity and heavy lifting for two to four weeks post-operatively.

You should not drive until you feel fully recovered.

Please ask your nurse if you require a medical certificate.

It is important to have regular bowel motions and to avoid straining. A high fibre diet, increased fluid intake and gentle exercise is advised to reduce the risk of constipation.

It is common for your urine to be bloodstained for a few weeks after the operation. Ensure you are drinking approximately two litres per day to help prevent blood clots forming.

## Follow-up

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You will be advised if you need a follow-up appointment following your surgery. Sometimes this may be with the Urology nurse, and sometimes with your urologist.

A letter will also be sent to your own doctor about your operation.

## Contact information

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For more information about:

- Hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)
- Your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)

For information on parking, how to get to the hospital, and visiting hours, please visit [www.cdhb.health.nz](http://www.cdhb.health.nz)