

Patient information

Acute Urinary Retention

Urology Department – Royal Liverpool Hospital

The aim of this leaflet is to explain acute urinary retention and to let you know what to expect.

What is acute urinary retention?

Acute urinary retention is when you stop being able to pass water and require a catheter. It is usually very painful.

Why does it happen?

It is ten times commoner in men than women and become more common as you get older. Sometimes, certain medicines can bring it on, such as anti-depressants, cough mixtures and drugs to make the bladder less overactive,

It can be brought on by constipation and occasionally if you drink more than usual.

Sometimes, it occurs because of Benign Prostatic Hyperplasia (BPH), an enlargement of the prostate that occurs with age.

Why have I been catheterised?

Retention of urine is very painful and the treatment for this is catheterisation.

What will happen now?

Assuming you are well enough, you should be able to go home with the catheter in. We will make arrangements for you to be followed up in the Urology Department at the Royal Liverpool Hospital or Aintree Hospital within two weeks.

Why have I been put on these tablets?

Alfuzosin is an alpha-blocker which improves your chances of passing water after the catheter is removed.

Common side-effects include dizziness and stomach upset.

A full list of side-effects can be found on the leaflet which is included with the tablets. If you think that the medication is giving you symptoms, discuss it with your doctor.

How do I manage the catheter?

Catheters have a balloon at the end which keeps them in the bladder. They are attached to a bag which may be small (a leg-bag) or larger (a night-bag).

Normally the night bag is attached at night to stop you having to get up to empty it. The valve at the bottom of the bag is used to empty the bag.

Alternatively, you can simply have a valve at the end of the catheter which can be emptied when you feel full. This has the advantage of not requiring a bag but it may take some getting used to.

What will happen after I go home?

You will receive an appointment to have your Trial Without Catheter (TWOC) and a Consultant Urologist appointment. These will take place on the same day within two weeks of you going home.

If you have not heard about this appointment within ten days, please contact the Urology specialist nurses on the number below.

Will I definitely be able to pass water after the catheter comes out?

Approximately half of men who have an episode of retention will manage to pass water following removal of the catheter (TWOC). Your Consultant will discuss further treatment when you are seen in out-patients.

Can I do everything as normal?

The catheter may restrict you slightly and may give some discomfort. Avoid heavy lifting. You are more prone to urinary infections with a catheter in. You may from time to time see some blood in the urine.

If this becomes severe and causes a blockage, you need to get in touch with the urology specialist nurses or out-of-hours you may need to come back to the Emergency Department.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

If you have accessed this patient information leaflet via a QR code can you please take the time to complete a short questionnaire by clicking [here](#).

Thank you

Further Information:

For queries about your appointment, contact the hospital you have been referred to

Royal Liverpool Hospital

Urology Appointments

Tel: 0151 282 6877/6788

Text phone number: 18001 0151 282 6788/6877

Aintree Hospital

Patient Appointment Centre

Tel: 0151 529 4550

Text phone number: 18001 529 4550

For queries about your TWOC telephone the Urology Specialist Nurses at the hospital you have been referred to.

Royal Liverpool Hospital

Urology Benign Condition Specialist Nurses

Tel: 0151 282 6819

Text phone number: 18001 0151 282 6819

Aintree Hospital

Urology Specialist Nurses

Tel: 0151 529 3484

Text phone number: 0151 529 3484

For clinical questions specific to your case, telephone the secretary of your urology consultant.

For other general information visit <http://www.baus.org.uk/>

Author: Urology Department

Review Date: February 2026

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