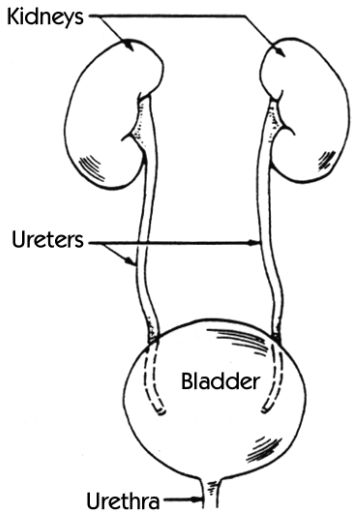
Direct Visual Internal Urethrotomy (DVIU) Home Care

A DVIU is the repair of a narrow segment (stricture or scar) of the urethra. A surgeon inserts a small scope is into the urethra. A cut is made to open the narrowed area and restore normal urine flow.



After Surgery
It is normal to notice blood in the urine and have some discomfort for about 2 weeks after surgery.

Most patients go home with a urinary catheter which will stay in place for up to 2 weeks. Your care team will advise when it can be removed. Before discharge, you will receive instructions on how to care for the catheter at home.

Activity: Avoid intense activity until cleared by your doctor. **Do not** lift more than 10 pounds for 2 weeks.

Diet: Drink at least eight (8-ounce) glasses of fluid daily. Drink more fluids if your urine is bloody.

Driving: Do not drive if taking narcotics.

Sex: No sex for 1 week.

Bathing: You may shower. If you have a catheter, avoid baths, hot tubs, or swimming.

Work: Your care team will talk with you about going back to work.

Follow-up: We will schedule a follow up after surgery.

When to Call
Call the clinic if:

- Catheter is not draining.
- Problems passing urine after the catheter is removed.
- Decrease in the amount of urine you pass.
- Temperature over 101° F by mouth for two readings taken 4 hours apart. Use Tylenol® for fever.
- A large amount of blood in the urine. Some spotting or pink, cherry, or burgundy-colored urine is normal. **If the urine becomes thick, call the clinic.**

Who to Call
If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/.

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Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2025. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4416.