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## **CYSTOSCOPY POST-OP INSTRUCTIONS**

### **REASON FOR STUDY:**

- Evaluation of blood in urine.
- Assessment of urinary blockage.
- Removal of stone/stent/foreign body.

### **ACTIVITY:**

- Rest for the balance of the day and evening. Increase activity as tolerated. Avoid all vigorous activity and do not lift, push or pull anything >15 pounds for 5-7 days.
- You may shower.

### **PAIN RELIEF:**

- Take pain medication as directed by your surgeon if necessary.
- If you have a urinary catheter in place the discomfort caused by the catheter will not be relieved by narcotics and you may require another medication to reduce bladder spasm.

### **WHAT TO EXPECT:**

- Some blood in your urine is normal. Please continue to stay hydrated until your urine appears clear. This will flush the old blood out of your bladder.
- You may experience a burning sensation while urinating. This will resolve in 2-5 days. If this sensation persists and is associated with bladder pain, fevers, or chills then notify your physician as you may have a urinary tract infection.

### **PROBLEMS TO WATCH FOR—NOTIFY YOUR SURGEON IF YOU HAVE ANY OF THESE SYMPTOMS:**

- **SEVERE** abdominal pain and/or inability to empty your bladder
- Temperature over 101 degrees.
- Bright red blood in your urine that does not resolve with hydration.

**If you have had general anesthesia**, it is important to keep your lungs clear and expanded, by taking deep breaths every 2 hours for 24 hours, while awake. Also, until you are back to your normal activity level, it is important to maintain good circulation by being up and around at home, but not in excess.

**Please call 423-778-5910 our practice's main number if you are unable to reach us through the clinic number above. You will be able to reach the on-call physician after clinic hours.**

### **PROCEDURE PERFORMED**

Cystoscopy with

- Retrograde pyelogram (dye test of the upper urinary tract)
- ureteral stent placement (give cystoscopy/stent handout)
- Biopsy of the bladder
- Biopsy of the urethra
- Removal of blood clot
- Dilation of urethra
- Dilation of bladder neck
- Other \_\_\_\_\_