



CYSTOSCOPY AND TRANSURETHRAL BLADDER TUMOR RESECTION (TURBT) POSTOPERATIVE INSTRUCTIONS

24 hours post-op: Do not drive a car or operate machinery for 24 hours after anesthesia. Do not make important decisions or sign any important papers during this time. Do not consume alcohol, tranquilizers, sleeping medication or any non-prescription medication for 24 hours after anesthesia or if taking pain medication.

Bladder symptoms: You may have a catheter in place for several days to allow the bladder time to heal. It is important to keep the catheter well secured to the leg and avoid any tugging on the catheter. It is normal to have blood, debris and small blood clots in the urine for one to two weeks after surgery. Pink or red urine is okay, but if you see dark, cherry-colored urine with blood clots present, call your urologist. You may feel burning and stinging with urination for the first several weeks after surgery. It is also common to have more frequent urination and a greater sense of urgency.

Diet: After anesthesia, begin with clear liquids. Avoid any heavy meals on the day of the procedure. You may slowly resume your normal diet. Drink plenty of water. The more blood you see in the urine, the more water you should drink to flush the system and keep clots from forming.

Activity: Avoid strenuous activity or heavy lifting until the blood in the urine has cleared for several days. Then slowly resume your normal activity. You may shower.

Medication: You can obtain good pain relief by taking acetaminophen (Tylenol) every four hours. You may also get a prescription for narcotic pain medication that contains acetaminophen. Do not exceed 4000 mg acetaminophen per day. You may also place a heating pad over the bladder to ease post-op discomfort. Take plenty of fiber, water and over the counter stool softener to avoid straining for bowel movements or constipation. Avoid aspirin or ibuprofen compounds, such as Advil, Nuprin, Motrin, Bufferin, etc. until the blood in the urine has cleared for several days.

What if I have other questions regarding my procedure?

Call the office for fever over 101.5 F or inability to urinate and then go to the nearest ER.

For general questions and follow-up appointment information, call Urology Center of Iowa during regular business hours at **(515) 400-3550**.

For urgent after-hours issues not addressed here, call Urology Center of Iowa and ask to speak to the provider on call. For emergencies, call **911** or go to the nearest emergency room.