



## **CYSTOSCOPY AND BLADDER BIOPSY 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.
- Do not drive while taking narcotic pain medication.

### **Bladder symptoms:**

- It is normal to see 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 urinate more frequently and feel a greater sense of urgency to urinate.

### **Catheter:**

- 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.

### **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 you may slowly resume your regular activity.
- You may shower as you normally do.

### **Medication:**

- Take two acetaminophen (Tylenol) every four hours while awake for the first several days. You may also receive a prescription for narcotic pain medication that also contains acetaminophen. Do not exceed 4000 mg acetaminophen per day.
- You can 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.

**Post-op plan:**

- Call the office to make an appointment in 7 to 10 days if you do not already have a post-op appointment.
- Call the office for fever over 101.5 F or inability to urinate.

**What if I have other questions regarding my procedure?**

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

For urgent after-hours issues, call The Urology Center of Iowa and ask to speak to the provider on call. For emergencies, call **911** or go to the nearest emergency room.