



SURGERY CENTER

Phone: (224) 612-7000

CYSTOSCOPY/TURBT WITH GEMCITABINE DISCHARGE INSTRUCTIONS

WHAT TO EXPECT

- Blood in the urine, urinary frequency and urgency, burning on urination are normal symptoms.
- Sit on the toilet when urinating to avoid urine splashing for the next 8-12 hours. Flush toilet twice after the first time urinating at home.
- After each void, add 2 cups of undiluted bleach to the toilet, close the lid and wait 15-20 minutes and then flush the toilet. Repeat with each void for 6 hours. Wash perineum or glans after urination to decrease irritation from chemical.
- Prevent others from being exposed to the medication by washing your clothes separately from the rest of the laundry and wear rubber gloves when cleaning the toilet or any urine spills.
- If you have urinary incontinence, immediately wash your clothes in a washing machine. Do not wash with other clothes. If wearing incontinence pads, pour bleach on pad, soak the pad completely and then place in plastic bag to discard.
- Do not use public toilets or urinate outside.

ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after surgery.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous exercise or heavy lifting (greater than 10-15 pounds) until cleared.
- Please consult with your doctor on when you can resume sexual activity. Wearing a condom during intercourse is recommended throughout the entire treatment course.

DIET INSTRUCTIONS

- Eat a light meal after surgery anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week. Increasing your fluid intake will help dilute the urine.

MEDICATIONS

- Take Tylenol (500 mg every 6 hours) as directed for pain or discomfort.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.



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CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6F, severe chills, continued nausea or vomiting
2. Severe pain that doesn't go away with pain medication
3. Increasing amount of blood in your urine or very large blood clots
4. Inability to urinate

FOLLOW UP

- Call your doctor's office to schedule a follow-up appointment (if not already scheduled).

***If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

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Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.