



## SURGERY CENTER

Phone: (224) 612-7000

## CYSTOSCOPY DISCHARGE INSTRUCTIONS

### WHAT TO EXPECT

- Blood in the urine, burning on urination, increased urgency and frequency to urinate are normal. These symptoms can occur for several days and will gradually improve.

### 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 activity or heavy lifting (greater than 10-15 pounds) until blood in urine clears.
- Please consult your doctor on when you can resume sexual activity.

### DIET INSTRUCTIONS

- Eat a light meal after surgery as 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. This will help clear up your urine quicker and prevent blood clots.

### MEDICATIONS

- Take Tylenol (500mg every 6 hours) with Ibuprofen (Motrin, Advil etc.) 600mg every 6 hours) as needed. It is safe to take these medications together or alternate every 3 hours.

### 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 the 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.**

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



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