

Postoperative instructions

Cystoscopy



Your return home

Hygiene:

- Bath or shower is allowed.
- Make sure you wash your genital organs carefully.

Note: It is normal to have some blood in your urine for the next 24 to 48 hours.

Diet:

- Increase your liquid intake to six to eight glasses of water per day.
- Resume a normal diet.

Physical activities

- No driving for 24 hours after your surgery, or longer if you are taking pain medication.
- Avoid sexual activity for 24 to 48 hours following your surgery.

Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- Drink prune juice and/or take Metamucil™. If this is not effective, take one tablespoon of Milk of Magnesia daily until you start having regular bowel movements.

Call your doctor or visit your nearest Emergency Department if you have:

- pain not controlled by medication;
- nausea and vomiting;
- shortness of breath, chest pain;
- fever and chills;
- trouble urinating and/or;
- blood in your urine for more than 24 hours

Note: It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.

Next appointment:

Date:

Time:

Physician:

Please call your doctor's office the day following your surgery to book your appointment.

Notify 24 hours in advance for cancellations.

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