



CYSTOSCOPY AND BLADDER BIOPSY POSTOPERATIVE INSTRUCTIONS

24 hours postop: 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 a 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. 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 the urge to urinate.

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 normal activity. You may shower as you normally do.

Medication: You can obtain good pain relief by taking two acetaminophen (Tylenol) every four hours while awake for the first several days. You will also get a prescription for pain pills. You can use these prescription pain pills in addition to acetaminophen every four hours. Do not exceed 4000 mg acetaminophen per day. You may also place a **heating pad** over the bladder to ease postop 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.

Postop plan: Call the office to make an appointment in 7 to 10 days if you do not already have a postop appointment. Call the office for fever over 101°F or inability to urinate.