

Cystoscopy or Urethral Dilatation

After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Your Exam

- A **cystoscopy** is an internal exam of the urethra and the bladder.
- An **urethral dilatation** is the gentle stretching of the urethral opening.

Before the Surgery

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the procedure.

Incision Site

- For the first 1 to 2 days after surgery, you may have:
 - a small amount of bloody-tinged drainage from the urethra
 - burning when you urinate
 - sensation of urgency to urinate
 - a need to urinate often
 - blood tinged urine.
- It is important to try to urinate every 4 hours.

Pain Relief

- Follow your health care provider's directions for prescription and over-the-counter pain medicines.
- To help relieve burning and promote urination, you may sit in a tub of warm water.
- Do not use bubble bath or bath oils.

Activity

- Resume work or activities according to your doctor's instructions.
- Alternate rest with activity.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

Food and Beverages

- Eat well-balanced meals. Follow any instructions your doctor gave you.
- Drink at least 8 glasses of liquids every day.
- Avoid alcohol while you are taking prescription pain medicine.

When To Call Your Health Care Provider

Call your health care provider if you have:

- poor pain relief
- a temperature higher than 101 F
- bleeding that won't stop
- nausea (upset stomach) and vomiting (throwing up) that won't stop
- any problems urinating
- any questions or concerns.

Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.