

# Cystoscopy

## 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 Procedure

During a cystoscopy, your doctor inserts a lighted tube into your urethra so your doctor can see into your bladder and urethra.

## Before the Procedure

- 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.

## Catheter Care

- Follow the catheter care instructions your doctor gave you.

## Urination

- Your urine may have a pink tinge. This is normal.
- You may feel a burning when you urinate. You may also feel like you have to urinate often. These feelings may last for several hours to a couple of days after the procedure.
- Try to urinate at least every 4 hours.
- If you are a woman, you should wipe from the front to back and wear cotton underwear. This will help prevent infection.

## Activity

- You should rest or do quiet activities for the rest of the day.
- You may sit in a tub of clear warm water (known as a “sitz bath”). This will help you to urinate, relieve the urge to go and promote healing.
- Do not use bubble bath or bath oils.
- You can continue your normal activities tomorrow.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

## Pain Relief

- Take any prescription or over-the-counter medicine as directed.
- You may place ice packs or bags of frozen vegetables on your genitals for relief.
  - Wrap the pack or bag in a clean dishtowel.
  - Place on your genital area for 30 minutes. Remove for 30 minutes.
  - Use the ice therapy as often as you would like for up to 2 days.

## Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Drink more fluids.
- Avoid alcohol while you are taking prescription pain medicine.

## When To Call Your Health Care Provider

Call your health care provider if:

- your urine that becomes dark red with clots
- you have chills with a fever higher than 101.5 F
- you have severe pain in your groin
- you have painful urination that lasts more than 24 hours after your procedure
- you cannot urinate
- you have pain while urinating, loss of bladder control or urinating more than usual
- you can't get out of bed
- you have redness around your incision with pain and swelling
- you have pain that lasts more than 3 hours even if you took pain medicine
- you have 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.