

After a Cystoscopy: What you need to know



What is a cystoscopy?

A cystoscopy is a test where a doctor looks inside your bladder. The doctor uses a thin, lighted tube called a **cystoscope**. They gently put the tube into the place where you pee (called the urethra) and then into your bladder. This helps the doctor see your bladder and urethra better than with other tests like an ultrasound.

The test usually takes about 5-10 minutes, but sometimes it can take a bit longer. It can be done in a special room for procedures or in an operating room.

What to expect after this procedure

If you have sedation medication, you may feel drowsy for the rest of the day.

If you have a general anesthetic:

- You may have an oxygen mask over your nose and mouth when you wake up.
- You may have a sore throat for a few days. This is normal and usually goes away on its own.

What can I do?

- You may not feel like yourself for the first day. Rest in bed until you feel better. **DO NOT** do other activities for the rest of the day.
- If you feel nauseous, try sips of ginger ale and eat some dry crackers. If you feel like eating, try small amounts of foods that are easy to digest, like soups and cereals. Drink lots of fluids for 2-3 days, when you can.

How can I keep myself safe?

- You **MUST** have a responsible person who knows you well take you home.
- For 24 hours after the procedure:
 - Someone **MUST** stay with you.
 - **DO NOT** drive, operate heavy machinery, or make important decisions.
 - **DO NOT** drink alcohol or use recreational substances. The effects will add to those of the procedure medications.

Caring for yourself at home

- **Activity:** On the day of your procedure, rest. You may then return to your normal activities the next day.
- **Hygiene:** You may shower any time.
- **Bleeding:** You may have some pink, blood-tinged urine in the first 1-2 days.
- **Sexual Activity:** You can go back to usual sexual activity when there's no more blood in your urine.
- **Pain:** For the first 1-2 days you may feel burning or stinging when you pee. You may also feel the urge to pee all the time. These will get better with time. Sitting in a tub of warm water can be soothing. You can also take pain medication. (Please read the next section.)
- **Hydration:** Drink 8-10 glasses (2-3 litres) of fluids every day. This will lower the amount of bleeding you may have. It will also help flush your bladder to prevent infection.
 - If you have fluid restrictions, or heart or kidney problems, check with your doctor about how much you should drink.
 - Avoid fluids and foods that can irritate the bladder like caffeine (tea and coffee), carbonated beverages (soda drinks), chocolate, and alcohol.

Pain medication

- Take pain medication if you need it.
- If you have a prescription, follow the instructions from your doctor and pharmacist.
- If you do not have a prescription, you can take the following medications:

Acetaminophen (Tylenol) 1000 mg every 6 hours

Next dose at: _____ am/pm

AND / OR

Ibuprofen (Advil/Motrin): 400 mg every 6 hours

Next dose at: _____ am/pm

OR

Naproxen 440 to 500 mg every 12 hours

Next dose at: _____ am/pm

NOTE: Naproxen is available without a prescription as 220 mg tablet (take 2 tablets). Prescription Naproxen comes in 500 mg tablets (take 1 tablet).

Do NOT take Naproxen with Ibuprofen (Advil/Motrin) or Diclofenac (Voltaren).

Gynecologist

Doctor's Sticker Here

Follow-up visit

- Contact your gynecologist's office to make a follow up appointment. Make sure you go to the appointment. It is important to see your gynecologist after this procedure.



Contact your gynecologist or go to Emergency if you:

- Have blood in your urine that is increasing or lasts longer than 1-2 days.
- Pass many blood clots while peeing.
- Have urine that looks cloudy or smells bad.
- Have a fever or chills.
- Have severe pain that does not improve with pain medication.
- Have nausea or vomiting for more than 24 hours, and you cannot keep fluids down.
- Cannot pee for 8 hours after you leave the hospital.

DO NOT go to the Urgent Care Centre at BC Women's as it is ONLY for pregnant patients.