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CYSTOSCOPIC PROCEDURES: POST-OPERATIVE INSTRUCTIONS

1. On the day of the procedure, spend as much time in bed as possible. On the day after, you may resume restricted activities until you are checked back in the office. It is important to avoid heavy lifting, exertional activities, and straining with bowel movements.
2. You may resume your normal diet and medication.
3. You may bathe or shower, even if you have a catheter in place.
4. Drink plenty of water in order to keep the urine dilute, the bladder flushed of blood clots, and minimize the possibility of a urinary tract infection.
5. Catheter care: You may be sent home with a catheter to drain the bladder and allow the surgical site to heal properly. The catheter is connected to a drainage bag that needs to be emptied when full. There is no need to urinate as urine will drain automatically. One of the side effects of a catheter is a sense of urinary urgency that may happen even when the bladder is empty. You may well notice blood in the urine, but this is no reason for alarm. It takes only a tiny amount of blood to tint the urine red. The presence of blood in the urine is a sign to increase your intake of water. You may notice some urine leakage around the catheter; this is generally due to bladder spasms induced by the presence of the catheter in the bladder that triggers bladder contractions. If severe, a bladder relaxant medication can be prescribed.
6. Prior to being discharged, you will be given a prescription for antibiotics and pain medicine. It is important to complete the course of the antibiotics in order to avoid a urinary infection. The pain medication can be used on an as needed basis. Do not drive or operate machinery while taking a narcotic medication. It should be noted that narcotic pain medications have many untoward side effects including nausea, constipation, and a general feeling of being "unwell." If you are experiencing such symptoms, it may be beneficial to switch to an over the counter anti-inflammatory such as Motrin or Advil.
7. The combination of undergoing a surgical procedure, anesthesia, and pain medication often leads to *acute* constipation. It is thus recommended that you immediately start on a stool softener such as Colace 100 mg twice daily. Remember, the more pain pills you take, the more likely you are to develop a bowel problem. Therefore, you have to carefully consider the benefit of the pain pill versus the bowel side effects. If you have not moved your bowels on the Colace regimen by the day following surgery, you may take one bottle of Magnesium Citrate. If you still have not moved your bowels by the day after taking the Magnesium Citrate, you may use a 10 mg. Dulcolax rectal suppository, which may be repeated within one hour if no response. All of the aforementioned are available without prescription at any pharmacy.
8. It is imperative that you be followed carefully in the post-operative period. Please call the office for a follow up visit, specifying that it is a "post-operative" office visit.