

WHAT TO EXPECT



Full bladder – during the procedure your bladder will be filled with sterile water and you will need to urinate immediately afterwards

Burning and stinging with urination – this is common and may last for a few days following the procedure. This does not usually indicate infection unless you are also unwell. This is due to irritation of the urethra during the procedure. Ural (available over-counter at chemist) may assist in alleviating symptoms.

Blood in urine is common for a few days after the procedure (this may be intermittent) but may take longer to resolve. You should ensure adequate fluid intake.

Urinary frequency and urgency (urinating often and in a hurry) as well as **nocturia** (waking up at night time) could also be present for a few days.

RETURN TO ACTIVITY



Driving – avoid for 24 hours if procedure performed with sedation

Work – return the following day unless otherwise instructed

Lifting – no restrictions unless otherwise instructed

Activities – no restrictions on general activities including running, cycling, gym, golf, swimming unless otherwise instructed

Sex – no restrictions unless otherwise instructed

FOLLOW UP SCHEDULE



Your follow up will be based on the indication for procedure. You should be advised of your follow up instructions prior to discharge from the hospital. Patients with bladder cancer will require ongoing scheduled follow-up cystoscopy

WHEN TO GO TO EMERGENCY



Unable to urinate

Fever, chills or shakes – this may indicate infection