

Post-Operative Care Instructions: Flexible Cystoscopy

What to expect:

- During the procedure your bladder will be filled with sterile saline fluid, so you will need to urinate immediately afterward
- Burning and stinging with urination is common for a few days following the procedure. This is due to the irritation of the urethra during the procedure, and not usually indicative of infection, unless you are also unwell
- Blood in the urine is common for a few days following the procedure (this may be intermittent) but may take longer to resolve. You should ensure adequate fluid intake
- Urinary frequency and urgency as well as nocturia (urinating at night time) may be present for a few days.

Return to activity:

- Driving – no driving for 24 hours following surgery if you have had sedation for your procedure
- Work – you may return to work the following day unless otherwise instructed
- Lifting – no restrictions unless your doctor advises otherwise
- Activities – you may participate in your normal activities (including running, swimming, gym, golf, cycling etc) unless otherwise instructed
- Sex – no restrictions unless your doctor advises you otherwise.

Medication and Pain Management:

- You may take Ural (available over the counter at the chemist) to relieve burning and stinging with urination.

Head directly to your nearest hospital emergency room if:

- You are unable to urinate
- Fevers, chills or shakes (may indicate infection).

Follow-Up Information:

Our rooms will contact you within the next 1-2 days to arrange a follow-up appointment with your urologist.

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website melbourneurologycentre.com.au contact our rooms on 1300 702 811 or reception@urodoc.com.au