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Cystoscopy with Bladder Biopsy

Post-Procedure Care Instructions for Patients

WHEN YOU GET HOME

- Take it easy for the rest of the day. Most people return to normal activity the next day.
- **Drink extra water** — a glass every hour or two while awake for the next two days. This flushes the bladder and reduces clotting.
- Avoid heavy lifting and strenuous exercise for about 3 days.
- A warm bath or heating pad on the lower abdomen can ease cramping.

MEDICATIONS

- Acetaminophen (Tylenol) or ibuprofen as needed for discomfort.
- **Pyridium** (phenazopyridine) helps burning. It turns urine bright orange, which is harmless but stains clothing.
- If a bladder antispasmodic was prescribed, take it as directed for cramping.
- Finish any antibiotic you were prescribed.
- **Resume blood thinners only when your provider tells you to.**

WHAT IS NORMAL

- Blood in the urine — pink to light red — coming and going for up to about **a week**, often heavier than after a plain cystoscopy
- Burning with urination and urgency for several days
- Bladder spasms or cramping in the lower abdomen
- Occasional small clots — increase your fluid intake if you see them

YOUR RESULTS

Pathology results usually take about **one week**. We will contact you when they are available and arrange follow-up to review them. If you have not heard from us within 10 days, please call.

Follow-up appointment: _____

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call 909.236.3333

- Fever over 101°F (by mouth) or shaking chills
- **Inability to urinate** — this needs prompt attention
- Heavy bleeding, or passing large clots
- Severe or worsening lower abdominal pain
- Burning and urgency getting worse after several days rather than better

If you have severe symptoms or an emergency, go to the nearest emergency room.