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Flexible Cystoscopy

Post-Procedure Care Instructions for Patients

WHEN YOU GET HOME

- You may return to your normal activities right away, including work and driving.
- **Drink extra water** — aim for a glass every hour or two for the rest of the day. This flushes the bladder and shortens the burning.
- A warm bath or heating pad on the lower abdomen can ease discomfort.

MEDICATIONS

- Over-the-counter acetaminophen (Tylenol) or ibuprofen is usually enough for discomfort.
- **Pyridium** (phenazopyridine), over the counter or as prescribed, helps burning. It turns urine bright orange, which is harmless but will stain clothing.
- If an antibiotic was prescribed, finish the entire course.
- Resume all your usual medications.

WHAT IS NORMAL

- Burning or stinging with urination for the first **1 to 2 days**, usually worst with the first few voids
- Pink or lightly blood-tinged urine for a day or two
- Needing to urinate more often or more urgently
- Mild lower abdominal or pelvic discomfort

These symptoms should improve steadily. Symptoms that worsen after the second day are not expected — call us.

ACTIVITY & SEX

- No restrictions on work, exercise, or lifting.
- Resume sexual activity when you are comfortable, generally after a day or two.

YOUR RESULTS

Your urologist may have discussed the findings with you immediately after the exam. If any samples were taken or further testing was ordered, we will contact you when results are available. Keep any follow-up appointment that was scheduled.

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 blood clots in the urine
- Burning that is worsening rather than improving after 2 days
- Severe or increasing pelvic or abdominal pain
- Cloudy, foul-smelling urine

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

