

Discharge Instructions: Cystoscopy With or Without Biopsy

What To Expect

- With the procedure you had today, it is not uncommon to have bladder discomfort, particularly if you had a biopsy.
- It may feel like you have a need to urinate more often and/or with an increased sense of urgency. This is not dangerous and usually resolves within a couple days. If these symptoms last longer, please alert your doctor.
- Pink-tinged urine is not uncommon for a few days and is not dangerous. If it lasts longer, please alert your doctor.

Restrictions

- For the first 24 hours after your procedure, do not lift anything heavier than 10 pounds and avoid strenuous activity. After 24 hours, you may return to normal physical activity.
- You may shower or take a tub bath the day after surgery.
- You may drive the day after procedure.
- Did you take aspirin or blood thinner medication that was stopped before surgery? It is generally safe to resume your medication 2 days after the procedure, unless instructed otherwise.
- You may resume taking your other routine medications immediately.

Pain Control

- Standard pain medications are usually not helpful for bladder discomfort from a cystoscopy with or without a biopsy. A bladder relaxing medication such as oxybutynin (Ditropan®) for a short period (several days) may be helpful for bladder discomfort, which may feel like a need to urinate more often and/or with an increased sense of urgency. These medications commonly cause temporary dry mouth, and occasionally constipation. A stool softener such as bisacodyl (Dulcolax®) may be helpful. Standard pain medications are usually not helpful for bladder discomfort.
- Antibiotics may be prescribed for a couple days, depending on the surgeon's preference.

Diet

- You may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet.

Call Us If...

- an increased urge to urinate or to urinate more frequently lasts more than 2 days
- you have blood in the urine for more than 2 days
- you have blood clots in the urine
- you cannot urinate
- you have new, intense pain in your side or back
- you develop a fever of 101° F (38.3°C) or higher or if you have a fever with chills or sweats
- you cannot eat or drink without vomiting

If you have any questions or concerns, please contact the GU clinic at **716-845-3159**. You may also call Roswell Park 24/7 at **716-845-2300** and the staff will assist you.

Follow Up Care

- You should be scheduled for a follow up appointment in the clinic about 1- 2 weeks after your procedure.
- During those 1-2 weeks, if a biopsy was performed, your pathology will be reviewed with you by your urologist.
- Since this appointment is very important, please contact the clinic if you do not have one scheduled or if you need to change the date or time.