**SURGICAL SERVICES**

**Post-Operative Instructions**

**Cystoscopy**

**PAIN:**

You may have some discomfort – burning on voiding. An urgent need to urinate and frequent urination is common. These symptoms will subside in time and should disappear completely in six weeks.

**OPERATIVE SITE:**

You may have a small amount of blood in your urine for 24 hours.

**ACTIVITY:**

Frequent rest periods for 1 to 2 days in order to promote healing and prevent bleeding.

**DIET:**

Resume your regular diet but drink plenty of fluids.

**FOLLOW-UP:**

Your Surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit   
will call you the day after your surgery to discuss any concerns.

**ADDITIONAL INFORMATION:**

**Do not take any medications containing blood thinners or Aspirin™   
until advised by your surgeon.**

Resume other prescribed medications you were taking prior to surgery,   
unless you have been told otherwise.

**Call your surgeon or go to the nearest Emergency Department if you have any of the following:**

* elevated temperature (38ºC or 100.4ºF) and/or chills lasting more than   
  24 hours
* cloudy, foul smelling urine
* CONTINUED ON OTHER SIDE 🡪
* Information is available in alternate formats upon request
* severe pain
* difficulty emptying your bladder

The information contained on this sheet is provided to you and your family to help   
you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about   
your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same."   
Clean hands save lives.