PERIOPERATIVE SERVICES

Post-Operative Instructions for Bladder Biopsy

# PAIN:

You may have a burning and/or a stinging sensation and/or have to go to the bathroom more often for the first 24 hours.

# OPERATIVE SITE:

You will have a small amount of blood in your urine on and off for a few weeks.

# ACTIVITY:

You should have frequent rest periods for 1 to 2 weeks. This will prevent bleeding and help healing. Check with your surgeon before resuming a regular exercise program.

# DIET:

Resume your regular diet and 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:

If an antibiotic has been prescribed, take as instructed. 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:**

* a large amount of blood in your urine
* large clots in your urine
* difficulty urinating
* elevated temperature (38ºC or 100.4ºF) and/ or chills lasting more than 24 hours

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

Do not take any blood thinners or medication containing Aspirin™ until directed by your surgeon.

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.