

Cystourethroscopy

postoperative instructions

What is it?

Cystourethroscopy is a procedure to examine the inside of the bladder and urethra using a cystoscope, a thin tube with a light and lens or camera.

After surgery, what should I expect?

No stitches or sutures are used in this surgery, and there will be no dressing to worry about. In some cases, you may awake from surgery with a catheter in place.

- Pink-red urine, burning with urination and frequent urination are not uncommon after this procedure but should not last longer than 48 hours.

Diet and activity after surgery

- Your diet can return to normal immediately, but we recommend limiting caffeine, alcohol and spicy food. Increase your fluid intake to help minimize bladder irritability.
- Abdominal distention, constipation or bloating: Take a stool softener as directed. If you still have no movement after 24 hours, it is safe to use a Docolax suppository.
- It is safe to walk and return to work the day after the procedure.
- Walk at least three times a day, gradually increasing your distance.
- You may shower as soon as your body will tolerate it.

If you experience any of the following, please contact our office:

- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Inability to urinate.
- Increased blood or blood clots in the urine.
- Increased pain.
- 24 hours after your procedure: Continued burning or pain with urination, frequent urination.

Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.

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