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Discharge instructions Following Cystoscopy, Hydrodistension

Procedure:

You had a camera placed into your bladder, and installation of anesthetic and steroids into the bladder.

What to expect:

Urine: Your urine may be bloody for several days. Do not be alarmed. You will also notice burning which will improve with Azo standard over the counter or your provider may prescribe Uribel or Pyridium, a urinary analgesic (these will change your urine color Blue or Orange). You will void more often and in smaller amounts. This will also improve with time. The first time you void maybe white fluid from the steroid installation. Please try to hold this in the bladder for 30 min to an hour.

Anesthesia : You will be sleepy and tired from the anesthesia. Do not drive for at least 24 hours.

Diet: Follow the Low Inflammatory Diet or IC diet. If you do not have a copy of this please ask your nurse. Drink plenty of fluids to stay hydrated. Water is good choices.

Pain: You may feel pain in your flank, bladder, and genitalia. This is common and will improve primarily with time as this is a reaction of your body to the procedure.

Nausea/vomiting: This is common after anesthesia. We recommend drinking only liquids such as Gatorade while nauseated. Nausea will gradually pass with time.

Constipation: This is a common side effect of pain medication. Take stool softener as instructed after your procedure. **For constipation longer than 48 hours:** drink ½ bottle of magnesium citrate. If no bowel movement after one hour drink the other half of the bottle. If no bowel movement after magnesium citrate, use a Fleets enema.

What to call for:

Fever : Call for a temperature over 101

Nausea/vomiting : Call if you do not feel well and cannot keep anything down.





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Inability to urinate : If you cannot urinate after the procedure, please call us immediately.

If you have any questions

Medications:

Antibiotics: Take these medications as directed by your physician.

Pyridium/ AZO standard OTC/Uribel; This medicine is a urinary analgesic that reduces burning. This will turn your saliva, sweat, tears, and urine bright orange. Uribel will change the urine color blue and should not be taken if you have a sulfa allergy.

Pain medicine: Take pain medicine as needed with food so you do not vomit. Side effects including nausea, vomiting, itching, and constipation. Do not drive on narcotic pain medicine such as Tylenol #3 or Percocet.

Stool softener: Take a stool softener while on pain medicine so you do not get constipated. We recommend Colace 200mg twice daily and Senna 2 tabs daily.

Ibuprofen: You can take ibuprofen as instructed on the bottle for pain, but please take in moderation. We recommend no more than 600mg three times daily for 3 days. Do not take this if you have a history of gastric ulcers.

Please resume all previous medicines as before, including aspirin or Plavix (blood thinners) if you were on them previously.

Follow up:

Please follow up on:

Call us at 404-400-3120 with any questions or concerns.

