

**Chilliwack General Hospital Day Care Surgery Discharge Instruction Sheet**

**CYSTOSCOPY**

- Description:** During a Cystoscopy a long slender lighted tube is passed through the urinary passageway (the urethra) into the bladder. This enables the surgeon to examine the inside of the bladder. The surgeon can also perform some surgical procedures through the scope. He will explain to you what he found and if any procedures were required.
- Bladder Care:** Your urine may be blood tinged for two to three days. Increase your fluid intake to 6 eight ounce glasses per day.  
DO NOT DRINK ALCOHOL.
- Diet:** Resume your normal diet. It is important to prevent constipation and straining by increasing your fluid and fiber intake. Some of these foods are nuts, bran, whole grains, raw fruits and vegetables, dried fruits and juices such as prune juice.
- When to Call Your Family Doctor or Surgeon:** If you have difficulty passing your water or feel you can not completely empty your bladder.  
If you have sharp abdominal pain, fever, or chills.  
If you cannot reach your family doctor or surgeon, you should go to your nearest Emergency Department.
- Pain Control:** You may have minimal discomfort and notice some burning when you pass your water. You may find that warm baths help.  
Tylenol is available without a prescription.  
  
AVOID ASPIRIN OR ASPIRIN PRODUCTS.
- Activities:** You should get plenty of rest the first couple of days  
You may resume normal activities as you feel able.
- Medications:** (\_\_\_\_) Prescription written.
- Special Instructions:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Follow Up:** See Dr Goodman at \_\_\_\_\_ in \_\_\_\_\_ weeks.  
Phone 604-792-6512 for a specific time.

**CALL YOUR FAMILY DOCTOR OR SURGEON IF YOU HAVE ANY PROBLEMS**