

Name: \_\_\_\_\_

### What can I expect?

- You may see blood in your urine
- Urinating may be painful
- This may last for a few days
- Drinking 6-8 glasses of fluid a day may reduce help the pain

### Notify your doctor or go to the emergency room if you:

- Have a lot more bleeding after you go home
- Are still bleeding after several days
- Do not pass urine for 8 to 10 hours
- Develop a fever
- Have severe abdominal cramps

### What if I have pain?

- Ask your doctor or nurse how soon you may take pain medicine
- You may take over-the-counter medicine such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to take them
- Be sure and follow instructions on the medicine bottle
- Ask your doctor or nurse when you should start taking any medication that you usually take at home

**Is it OK to eat?**

- You may feel sick to your stomach
- Start by drinking water, then try juice or soup
- Drink lots of fluids to water down your urine
- You may eat regular food, if fluids do not make you feel sick

**Follow-up Instructions:**

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**Other:**

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**Questions or Concerns:**

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

**In an Emergency:** Call 911 or go to the hospital emergency room