

Patient Handout

Discharge Instructions

URODYNAMICS AND/OR CYSTOSCOPY

Following Urodynamics / Cystoscopy

1. You may experience burning, bleeding, urgency and/or frequency for a day or two.
2. Increase your fluid intake. Try to drink one glass of water every hour today and until bedtime. Continue your increased fluid intake if burning and/or bleeding persists.
3. For the next 24 hours avoid coffee, tea (regular or decaffeinated), herbal tea, cola drinks, chocolate or alcoholic beverages. You may drink water, juice, milk, Caf Lib or Postum.
4. If you experience continued burning or urgency past a day or two, please follow up with your family physician.
5. Make a follow-up appointment with your referring doctor _____ for 2 weeks from now.



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