



**fraserhealth**

Better health.  
Best in health care.

ARHCC General Day Care Dept.

Patient Discharge Instructions  
**Cystoscopy and/or  
Needle Biopsy of Prostate**

**Dr. Vrabec's office will call you to  
make a follow-up appointment.**

**Following Cystoscopy:**

1. You may experience burning, bleeding, urgency and/or frequency for a day or two.
2. If you are unable to pass urine, sit in a tub of warm water. If this is not effective and you are uncomfortable, call your doctor or go to the nearest hospital or Abbotsford Regional Hospital Emergency Department.
3. Increase your fluid intake. Try to drink one glass of water every hour today until bedtime. Continue your increased fluid intake if burning and/or bleeding persists.
4. For the next \_\_\_\_ days avoid coffee, tea (regular or decaffeinated), herbal tea, cola drinks, chocolate or alcoholic beverages. You may drink water, juice, milk, Caf Lib or Postum.
5. If you have had IV sedation, do not drive a vehicle, drink alcohol beverages nor make any major decisions or sign any legal documents for 24 hours.

**Following Needle Biopsy of Prostate:**

1. Avoid strenuous activity today. Resume normal activity tomorrow.
2. Slight bleeding from the rectum or in your urine is normal for a day or two.
3. If bleeding is continuous from the biopsy site, apply pressure by sitting on a rolled-up towel for 30 minutes. If bleeding continues go to the nearest hospital or Abbotsford Regional Hospital Emergency Department.
4. Avoid sexual intercourse for one week.

May, 2010 GDC