

**Go to an Emergency Department** if any of the following occurs:

- ❖ You are not able to pass urine
- ❖ You are showing signs of infection, a fever of 100.4°F (38°C) or higher, chills, pain with passing urine.
- ❖ Frequent urination and/or burning that lasts longer than 2 days.
- ❖ Your urine becomes bright or dark red in colour.
- ❖ You experience increasing pain or difficulty passing urine

**Follow Up Instructions**

- ❖ Make an appointment to see Dr. \_\_\_\_\_ on/in \_\_\_\_\_.
- ❖ Call \_\_\_\_\_ to make your appointment.
- ❖ If you have any questions, never hesitate to call your doctor.

Other Special Instructions: \_\_\_\_\_

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

**(807) 468-9861 extension 2362**

*Thank you for helping us ensure quality care.*

**These instructions are intended as a guide.**

If you have any questions or concerns, please contact the **LWDH Surgical Daycare Unit** at 807-468-9861 ext 2223, or the Ministry of Health at 1-888-797-0000, or go to the nearest Emergency Department.

**Superior Urology**

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**DISCHARGE  
INSTRUCTIONS  
following  
CYSTOSCOPE**

Our Communities  Our Hospital  
**LAKE OF THE WOODS DISTRICT HOSPITAL**

## **The procedure you had was a:**

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- Cystoscopy
- Prostate/Tumor Resection

## **Following the Procedure**

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- ❖ You are apt to feel numb after the procedure, the numbness goes away in 1-3 hours. Afterwards, you may feel sore.
- ❖ Drinking water helps flush your bladder and reduce irritation. Try to drink 2 glasses of water each hour for the first few hours after the procedure.
- ❖ If you've had sedation or general anesthesia, you may be asked to remain in a recovery area until the effects of the medications wear off.
- ❖ You may have visible blood in your urine for 24-48 hours. It may also burn when you pass your urine, and/or you may have increased urination for a couple days afterwards.
- ❖ If the doctor performed a biopsy, the sample will be sent away for testing.

## **Activity**

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- ❖ Allow your body time to heal. Rest when tired, don't move too quickly, or lift anything heavy until you are feeling better.
- ❖ Avoid heavy lifting (over 10 pounds) for \_\_\_\_\_ week(s).
- ❖ Try to be active, walking is a great choice for light exercise.
- ❖ Many people can return to work within 1 to 3 weeks after surgery. It depends on the type of work you do and how you feel.
- ❖ Your doctor will advise you when it's time to return to work.

## **Care at Home**

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- ❖ Take medications as directed if prescribed. (pain control, antibiotics, etc.)
- ❖ Drink 8 to 10 glasses of water a day.

- ❖ Take a warm bath or place a warm wet washcloth over the opening to the urethra as needed. This will help to ease pain
- ❖ Don't delay going to the bathroom, as it can stretch and weaken your bladder. Empty your bladder as soon as you feel the need to.
- ❖ Remember it is normal to see some blood in your urine for a few days.

## **What to Watch For (problems that could arise)**

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- ❖ Bleeding
- ❖ Infection
- ❖ Injury to the bladder and urethra
- ❖ Discomfort in the urethra area
- ❖ Burning sensation for a short time (common)
- ❖ Upset stomach

## **If you have been given anesthesia or sedation**

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- ❖ Do not drive or operate machinery for 24 hours.
- ❖ Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
- ❖ Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
- ❖ Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours after your procedure.
- ❖ **You must have a responsible adult stay with you tonight.**

## **When do I need to call the doctor?**

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- Large amount of blood in your urine
- Passing large dime-sized clots
- Cloudy urine
- Passing little or no urine
- Abdominal pain and nausea