

**HOME CARE INSTRUCTIONS FOLLOWING
CYSTOSCOPY/URODYNAMICS**

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Date: _____

ACTIVITY

Resume normal activities as tolerated. Common sense is your best guide.

COMFORT

1. You may have some burning with urination, blood tinged urine and/or urinary frequency for a day or so following your procedure.
2. You may use Tylenol for discomfort. A warm sitz bath may be helpful.

MEDICATION

1. New medications:

2. Last dose of pain medication:

DIET

If you received sedation or anesthetic medication today, you may experience some nausea. Begin your diet with clear liquid and then progress to solid foods as your stomach tolerates them. Carbonated beverages or tea may be helpful.

SPECIAL INSTRUCTIONS

1. Void every _____ hours by the clock. If you need to urinate in between do so, but then urinate at the _____ hour interval.
2. Restrict your daily total fluid intake to 32/40 oz.
3. Do pelvic floor exercises as described by your doctor 50 times per day for 10 seconds each time.
4. Please double and triple void with each urination to make sure the bladder empties.

SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving a general anesthetic.
 - 12 hours after receiving sedation.
 - while taking prescription pain medications.
2. Please follow these instructions for that time:
 - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways. Children should not ride bicycles or ride-on toys.
 - b. No alcoholic beverages.
 - c. Postpone signing any important papers or making any important decisions.
3. Because of the effects of anesthesia/sedation we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.





Wausau, WI

715.847.2121 ~ 800.283.2881

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WHEN TO CALL

If any of the following symptoms occur: UNABLE TO URINATE, CHILLS, FEVER (TEMP 101 OR ABOVE), INCREASING PAIN, INCREASING BLEEDING, PERSISTENT NAUSEA OR VOMITING, OR ANY CONCERNS REGARDING YOUR RECOVERY.

WHO TO CALL

Dr.

Phone:

After hours phone:

Aspirus Day Surgery Plus

Open 6:00 a.m.-7:00 p.m., Monday - Friday

Phone: 715.847.2907

RETURN APPOINTMENT

DR:

Date/Time:

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time