

**HOME CARE INSTRUCTIONS FOLLOWING
CYSTOSCOPY**

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Date: _____

ACTIVITY

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

SURGICAL SITE CARE

If you have a catheter draining your urine:

1. Wear leg bag during the day and overnight drainage bag at night. Clean connector with alcohol when disconnecting and connecting tubes.
2. Watch that urine continues to drain. If not draining, empty bag. Drink liquids and observe over the next two hours. Call MD if urine not draining and you feel uncomfortable.
3. Discontinue catheter on: _____
- 4.

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 over-the-counter medication for discomfort. A warm sitz bath may be helpful.

MEDICATION

1. New medications:
2. Last dose of pain medication: _____

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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DIET

1. Drink adequate amount of fluids. Aim for one glass per hour (two quarts per day) for the next two to three days.
2. 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.

RETURN APPOINTMENT

DR:

DATE/TIME:

WHEN TO CALL

If any of the following symptoms occur: UNABLE TO URINATE OR CATHETER NOT DRAINING URINE, CHILLS, FEVER (TEMP 101° OR ABOVE), INCREASING PAIN, INCREASING BLEEDING, PERSISTENT NAUSEA OR VOMITING, OR ANY CONCERNS REGARDING YOUR RECOVERY.

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.

WHO TO CALL

DR.

PHONE:

AFTER HOURS PHONE # :

Aspirus Day Surgery Plus:

Phone: 847-2907

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

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