HOME CARE FOLLOWING CYSTOSCOPY

**Diet**

No restrictions. Drink plenty of fluids. If you become nauseated, try fluids such as lemon-lime soda, tea or soup.

**Discomfort**

The amount of discomfort you may have is unpredictable. You may experience burning when urinating, blood-tinged urine, and urinary frequency. For pain relief and muscle relaxation take TYLENOL, warm sitz bath, or apply heat to the abdomen.

**Fever**

A low-grade fever may occur even after a simple procedure. If your temperature is above 101 degrees, do not hesitate to notify your doctor.

**Activity**

Only LIGHT ACTIVITY is recommended on the day of the procedure. You may resume normal activity as soon as you are able.

**Contact our office if you have**

1. A fever of 101 degrees or higher and/or chills.
2. Large amounts of bright red blood in your urine.
3. Pain that is not relieved by the measures suggested above.
4. 24 hours AFTER the procedure if you have burning upon urination, urinary frequency, or blood in your urine.
5. Inability to urinate.

IF you have any questions, please call us at (925) 468 - 0404

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