

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