



## **Preoperative/Postoperative Instructions for Cystoscopy/Bladder Biopsy Patients**

### **Day Before Surgery -**

- You may have a regular diet until midnight.
- Do not eat or drink anything after midnight.

### **Day of Surgery (Before surgery)-**

- Report to day surgery (Family Surgical Waiting Room, 1st Floor, STC), at the prearranged appointment time.
- Leave valuables at home, but bring any comfort items as you see fit.
- Do not eat or drink anything (if you have been asked to take medications on the morning of surgery, you may do so with a small sip of water).
- An IV will be placed in the preoperative area.

### **Day of Surgery (After Surgery)-**

- Your diet will be advanced as tolerated.
- Take at least three deep breaths and cough every two hours for the next few days.
- Depending your procedure, a catheter may remain in your bladder to drain your urine.
- Your urine may have some blood. Drink plenty of fluids to keep your urine clear (10-12 cups of water/day).
- You may experience burning with urination and bladder discomfort or a sensation of fullness. Medicines will be prescribed to help with these symptoms.
- Notify your nurse or surgeon if you are experiencing excessive bleeding, temperature above 101, severe pain or the inability to void.
- Your nurse will provide you with follow-up instructions.
- Some patients may be admitted for observation.

### **After Discharge: Your return appointment is \_\_\_\_\_**

Desk: 3A (254-724-2577)

- You may go home with prescriptions for pain, burning, bladder spasms, antibiotics.
- You may resume your normal diet, high in fiber (fruits and vegetables).
- Drink 10 glasses of water daily for the first 10-14 days.
- Walk 4 times daily.
- Continue foot pumping exercises while sitting.
- No heavy lifting over 10 lbs. for 4 weeks.
- No driving for at least 24 hours and not taking narcotic pain medication.
- Call the clinic for any fever over 101 F, increased pain, nausea/vomiting, increasing voiding difficulties, increasing blood or clots in the urine, or other concerns.