

Discharge advice after your cystoscopy

(telescopic bladder inspection)

Information for patients, relatives and carers

Help and advice

If you have any problems after discharge please contact one of the following numbers:

During the first 24 hours after your operation:

Between 8am and 8pm
please contact SAU on 01904 726 417

Between 8pm and 8am please contact
the NHS helpline 111

After the first 24 hours or at weekends, please contact
your GP or phone the NHS helpline 111

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Discharge advice after your cystoscopy

Your nurse will complete or delete this section.

Today, you have had a cystoscopy under a:

- Local Anaesthetic
- General or spinal Anaesthetic

You may have had other planned procedures carried out at the same time:

- Bladder biopsy
- Ureteric stent removal / insertion / change
- Other

Will I have any pain after my procedure?

You may experience some stinging and burning sensations when you pass urine following this procedure. Drinking extra fluids over the next few days will ease this.

Generally, everyone should drink about two litres of liquid each day. However, following a cystoscopy you should try to increase this to two and a half or three litres, so long as this is not contrary to any medical advice given for any pre-existing conditions. Caffeinated or carbonated drinks and alcohol make your symptoms worse. You may be supplied with some mild painkillers on discharge. You should take these as instructed to ensure your comfort over the next few days. If no tablets have been supplied, we suggest that you take paracetamol or co-codamol should you need them. These can be bought over the counter.

Will there be any bleeding?

Not everyone will pass blood in their urine following these procedures. However, mild bleeding experienced during the first two weeks after the procedure is considered normal and is nothing to be alarmed about. Bleeding, which you think is excessive, occurring in the first 24 hours, should be checked with the contacts given on the front of this leaflet. Any **heavy** bleeding after 24 hours should be referred to your GP so that it can be checked out. Drinking plenty of clear fluids 'flushes' your bladder and helps to prevent further problems.

Will I need any antibiotics?

If your procedure was carried out under a local anaesthetic you may have been given some oral antibiotics beforehand.

If your procedure was carried out under a general or spinal anaesthetic, you will have been given antibiotics via the needle (cannula) in the back of your hand as part of your anaesthetic.

These antibiotics are given to help prevent a urine infection after the procedure. Drinking plenty will also help to prevent an infection developing. Occasionally, a urine infection develops even if you are given antibiotics before the cystoscopy. The symptoms to watch out for are:

- Pain or stinging when passing urine which worsens in the days after the cystoscopy (normally, these symptoms are present after your cystoscopy, but diminish over a day or two)
- Cloudy urine
- Urine with a strong smell
- Pain or discomfort in your lower abdomen or loin (kidney) area
- Fever or malaise

If you develop any of the above symptoms please make an appointment to see your GP as you may need a course of antibiotics.

Will I have any problems passing urine?

Following your cystoscopy you will probably experience an intense urge to pass urine. This feeling lasts for about half an hour. If this happens and you have had a general or spinal anaesthetic, the nurses will supply you with bottles or bedpans until the anaesthetic has worn off and it is safe for you to walk to the toilet. If you have had a local anaesthetic you may visit the toilet as soon and as often as you wish.

Will I need to take time off work?

If you have had a cystoscopy carried out under a general or spinal anaesthetic you will need to take the next day off work but may return to work on the second day. Do not drive for 24 hours following a general anaesthetic. Please do not drink alcohol for the first 24 hours after your operation.

If you have had a cystoscopy under a local anaesthetic you may return to work the day after your procedure, as long as you feel well enough to do so.

For any procedures other than a cystoscopy please ask the nurse responsible for your care for guidance.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Mr J R Wilson, Consultant Urological Surgeon,
The York Hospital, Wigginton Road, York, YO31 8HE or
telephone 01904 725846.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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