



Post-operative care after cystoscopy

What to expect after your cystoscopy?

- You may experience numbness in your urethra (wee pipe) for up to 4 hours from the local anaesthetic gel we used during your procedure.
- You may experience a slight burning sensation when you urinate over the next 2-3 days.
- You may notice a small amount of blood in your urine over the next 2-3 days.

What you can do to help with your recovery?

- Drink at 8-10 glasses of water every day for the next 2-3 days. This will help you flush your bladder and reduce the risk of bleeding, clots from forming in your bladder and infection.
- Simple analgesia (such as paracetamol) and Ural sachets can help with pain and discomfort following the procedure.
- To avoid waking up to go to the bathroom at night, try reducing your fluid intake 2-3 hours before bed.

When should you contact us?

- When you have bleeding for more than a 24-hour period, and the bleeding is not improving with drinking more fluids
- When you see blood clots in your urine
- Burning when you urinate lasting more than 5 days
- Unable to urinate
- Having fever, chills or rigors
- Any other problems or concerns

For further information:

If you have any concerns or questions, please contact as below:

- Urology nurse: 03 8415 1915 (during business hours)
- Ward 1 East, Epworth Freemason hospital: 03 9483 3602
- Your surgeon: (contact details on card)