



Cystoscopy: aftercare advice

Information for patients from Day Surgery

How will I feel after my procedure?

- You may feel a **mild burning when you urinate**, but this should only last a day or two. Taking regular pain-relieving medicine (for example paracetamol) may help. If your pain is very bad and lasts for more than two days, please contact your GP or Day Surgery (the contact details are at the end of this leaflet).
- You may **feel the need to pass urine more often**; this is normal.
- You may have a **small amount of bleeding** from the cystoscope being passed up your urethra. Some patients do not have any bleeding at all, but some find their urine is slightly pink for a few days after their procedure. Drinking plenty of water (two to three litres spaced out over 24 hours) can help to clear your urine. If your urine remains pink after a few days, please contact the Urology Suite or your GP.
- A **urine infection** can cause a fever and pain when you pass urine. You can reduce the risk of this happening by drinking plenty of water after your procedure.
- **Temporary insertion of a catheter** may be needed if you are unable to pass urine normally following your procedure.

When will I get my results?

Your doctor may be able to tell you the results of your cystoscopy straight after your procedure or they will write to you with your results.

Will I need a follow-up appointment?

A follow-up appointment will be given to you to discuss your examination, the results of any biopsies, and whether any further procedures are needed. Your GP will also be sent your results.

If you need further follow-up investigations, this will be discussed with you before you leave the hospital.



Will I need any dressings?

No, but you may want to wear an incontinence pad the day after your cystoscopy, to protect your clothing from the small amount of bleeding you may have. If you have any bleeding that will not stop, please contact your GP or the Urology Suite for advice.

Why have I been given antibiotics?

If you are prescribed antibiotics to reduce the chance of an infection, it is important that you complete the whole course of tablets. You must not drink any alcohol until you have finished the antibiotics and your symptoms have completely cleared.

What do I need to do when I get home?

- You will be able to return to normal activities 48 hours after your procedure.
- You will be able to take a bath or shower and eat and drink normally.
- You can drive after your procedure **if you have not had a sedation or general anaesthetic.**
- For a couple of days after your procedure you should drink plenty of water (at least two litres per day) to flush out your bladder, prevent any urine infections, and clear any bleeding.
- Avoid sex until any swelling or bleeding has cleared, to reduce the risk of infection.

What if I experience problems at home following my procedure?

Please contact your GP if you:

- are in a lot of pain
- have continuous or excessive bleeding
- pass blood clots in your urine
- feel your symptoms are persisting and you need additional care
- have a raised temperature (38°C (100.4°F) or above); or
- have difficulty passing urine.

If you think it is an emergency, please go straight to your nearest Emergency Department.

What if my original symptoms continue, even though I have been given the 'all-clear'?

Despite the flexible cystoscopy giving you the 'all-clear', if you feel the symptoms you came to the hospital with are still causing you problems, please contact your GP.

What should I do if I have any concerns or questions?

If you have any queries or concerns, please do not hesitate to contact Day Surgery on the numbers below or your GP.

- Channel Day Surgery, **William Harvey Hospital**, Ashford
Telephone: 01233 61 62 63 (24 hours a day, 7 days a week)
- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**, Canterbury
Telephone: 01227 78 31 14 (7:30am to 8pm)
Telephone: 07887 68 76 45 (8pm to 7:30am)
- Day Surgery Unit, **Queen Elizabeth the Queen Mother Hospital**, Margate
Telephone: 01843 23 44 99 (7:30am to 8pm)
Telephone: 07887 65 11 62 (8pm to 7:30am)

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation