

## **BRIGHAM UROGYNECOLOGY GROUP POST-PROCEDURE INSTRUCTIONS AFTER CYSTOSCOPIC EXAM**

This is a guide for use following your procedure.

*For the next 24-48 hours:*

1. It is important to increase the amount of liquids you drink. Try to drink 48-64 fluid ounces per day unless you are limiting fluids for other medical reasons. Water is the best choice.
2. It is important to try to completely empty your bladder each time you urinate. We recommend sitting down, relaxing, and bending forward for 1-2 seconds after you initially empty. Be patient, and do not rush in and out of the bathroom.
3. It is common for your urine to be pink in color and/or for you to see small flecks of blood. These symptoms should resolve in 1-2 days.
4. Slight discomfort (burning with urination) can sometimes occur. Acetaminophen (Tylenol) 325 mg, one to two tablets every 6 hours, or Ibuprofen (e.g. Advil) 200 mg, one to two tablets every 6 hours, should relieve the pain.
5. A prescription for an antibiotic may be given to you. It is important that you take this medicine as directed by your urogynecologist to prevent any infections.

### **WHEN TO CALL**

- Bright red bleeding with urination
- Chills or fever above 100.4°F or 38°C
- Inability to urinate
- Pain not relieved by Acetaminophen or Ibuprofen
- Any other symptom that worries you

If you have any questions or concerns call us at (617) 732-4838, Option #2. If it is an emergency after clinic hours, please press #0 to be connected to the Brigham operator, and ask the operator to page the on-call Urogynecology provider.