



CYSTOSCOPY

ADVICE FOR GOING HOME AFTER YOUR PROCEDURE

Recovering from a procedure will take some time. It's important to take care of yourself during this period. This information will help you in your recovery.

Caring for yourself after your procedure

For the first 24 hours, make sure that you:

- get adequate rest; no heavy lifting, housework, or cooking
- take care when moving about; it is normal to feel light-headed after anaesthetic and pain medications
- **do not** drive a car
- **do not** drink alcohol
- **do not** operate machinery or electrical appliances which can cause injury
- **do not** sign any legal documents
- gently ease back into normal activities over the next few days.

What to expect after you go home

- Just after the procedure, many people find they wee more often and feel a burning sensation when doing so. Drink more fluids to help reduce this or take Ural, which may also provide relief. Ask your pharmacist for advice and directions on how to use this product.
- The wee may have a pink colour (minor bleeding) which you should not be concerned about if it fades away.

Be aware of these signs

Please contact your local doctor or go to your nearest hospital emergency department if you:

- have any heavy bleeding or blood clots in your wee
- have a smelly cloudy wee
- are unable to wee
- develop a fever or severe pain.

Your next appointment

It is important to see your local doctor or return to the **Pelvic Floor Urogynaecology Clinic** for an appointment. If an appointment is not made before you go home, a letter will be posted to you.