



Partners In Urology

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Post-Operative Instructions for Somerset Medical Center

Cystoscopic Procedures

1. Drink plenty of water (up to 6 glasses per day).
2. Have light meals until your stomach is settled.
3. Rest and take it easy. Light activity is okay. Avoid heavy lifting (over 20 pounds) for one week
4. You may drive if you are not using pain medications with narcotics (ex: Percocet or Vicodin).
5. You may see blood in your urine up to one week.
6. You may experience urinary urgency, frequency or burning for up to one week.

If you had prostate surgery (TURP or Laser):

1. You may see blood in your urine for up to four weeks.
2. You may experience urinary urgency, frequency or burning up to eight weeks.
3. Rest and take it easy. Light activity is okay. Avoid heavy lifting (over 20 pounds) for three weeks.
4. Please use common sense; don't go home and paint your bedroom.

If you have a catheter:

1. Drain the leg bag as the bag fills and before bedtime.
2. It is okay shower. Dry the bag and tubing.
3. Wear comfortable clothes such as sweat pants.
4. If the catheter is irritating, apply Neosporin ointment three times per day to the end of the urethra (insertion site).
5. You may experience urinary urgency or leaking around the tubing. A bladder spasm will cause that to happen. Usually it will pass in a few minutes. Lie down for a few minutes or take one of the pain medications.
6. **NEVER DISCONNECT THE TUBING.**

If you have a stent:

1. Stents can cause a variety of symptoms such as urinary frequency, urgency, visible blood in the urine, bladder spasms and back discomfort especially when you urinate.
2. Limit your activity. The more you do, the worse the stent will feel.

3. See the instructions listed above.

Constipation:

1. This may occur from pain medications or prolonged catheter use

2. Purchase Colace from the local pharmacy. This is an over-the-counter stool softener. Take this for about one week and while you are using pain medication.

3. If constipation persists, try Milk of Magnesia, Dulcolax or a Fleet enema.