

## **INSTRUCTIONS FOR ENDOSCOPIC BLADDER SURGERY**

**Tri County Urologic Associates**

**Day time phone: 610.323.5550 (Pottstown) or 610.935.9010 (Phoenixville)**

**Emergency Phone after 5 pm 610.792.2871**

### **NATURE OF THE PROCEDURE**

Cystoscopy is a procedure in which a fiberoptic scope (telescope) is passed through the urethra to examine the bladder. It is often performed in combination with a therapeutic procedure to remove bladder cancer, bladder stones, or to remove a previously placed stent. The procedure is often performed when the patient is anesthetized with sedation (MAC), spinal anesthesia or general anesthesia. The length of the procedure can vary anywhere between 10 minutes to 1 hour depending on the nature of the operation. Because this is an endoscopic procedure, there are no incisions made and this is not an open procedure.

### **INSTRUCTIONS PRIOR TO ENDOSCOPIC PROCEDURE**

Do not eat or drink anything including water after midnight the evening prior to the operation. Do not smoke for at least 12 hours before or after the procedure and do not drink alcohol 24 hours prior to the procedure. Do not take aspirin or any aspirin-containing products or drugs containing Ibuprofen for 10 days prior to the scheduled treatment. You can take Tylenol or ask your physician for recommendations. If you are taking anti-coagulants such as Coumadin, please consult with your physician, as this medication may need to be discontinued 5 days prior to the procedure. If you have had kidney or bladder x-rays taken at institutions, other than the hospital at which you are having your procedure performed, please check with our office scheduling staff to determine you need to bring them with you the day of the procedure. Leave all valuables at home and wear comfortable clothing. If you have HMO insurance, it is your responsibility to obtain referrals from your primary care physician.

### **DAY OF CYSTOSCOPIC PROCEDURE**

It is common to have a Foley catheter placed into the bladder at the end of the procedure. The Foley catheter drainage may be required for one to several days depending on the nature of the operation. Your urologist will give you an idea of how long the catheter may be in place. It is common to have blood in the urine either voided or in the catheter after the operation. Keep in mind that it only takes one drop of blood to make a whole gallon of water red. It is important to drink plenty of fluids to keep the bladder well flushed after the procedure. You may be given medications such as B & O suppositories, Ditropan, Pyridium, and/or Prosed DS to alleviate symptoms of bladder cramps or irritation.

### **AFTER THE CYSTOSCOPIC PROCEDURE**

Blood in urine or bladder irritation may continue for a few days after the procedure which can be alleviated by rest, drinking plenty of fluids, Tylenol and certain medications (B & O suppositories, Ditropan, Pyridium, and/or Prosed DS).

To prevent infections you may be given an antibiotic to take for 3 to 5 days after the procedure. You should contact our staff if you experience a temperature of 101° or greater. Other signs of infection may include increasing burning, frequency, and urgency of urination. If you are unable to urinate for more than 4 hours, or if you are having mostly blood in your urine that is dark thick maroon colored with clots please contact our office.

We may provide you with Pyridium that is a medication that can alleviate pain or burning with urination. This tiny pill that can be taken approximately every 8 hours as needed for burning. This medication will turn the urine to an orange-yellow color. It is also available over the counter and no prescription may be necessary. Another similar medication used to relieve burning is Prosed DS which can be taken up to 4 times a day. This can turn the urine green. Use these medications only as needed. Sometimes burning can be exacerbated by certain foods such as coffee, caffeinated substances, spicy foods and citrate products. In men, the prostate can become swollen and it can become increasing difficult to empty the bladder. Medications called alpha-blockers (Flomax, Hytrin and Cardura), are commonly prescribed to prevent the inability to urinate. You will be provided this prescription if your physician feels that you are at an increase risk for this type of problem. You can resume driving after the catheter is removed as long as you are not especially weak or in pain.

### **FOLLOW-UP APPOINTMENTS AND POSSIBLE STUDIES NEEDED**

Call 610.323.5550 (Pottstown office) or 610.935.9011 (Phoenixville office) to schedule an appointment to:

\_\_\_ see Dr. Rose Leech Moreno Kabler or Kalra in \_\_\_ day(s) or \_\_\_ week(s)

\_\_\_ see nurse or \_\_\_ medical assistant in \_\_\_ day(s) or \_\_\_ week(s)

for \_\_\_ Foley removal in \_\_\_ day(s) or \_\_\_ week(s)

for \_\_\_ fill & pull in \_\_\_ day(s) or \_\_\_ week(s)

for \_\_\_ other

\_\_\_ arrange for:

\_\_\_ KUB x-ray just prior to visit

\_\_\_ CT Scan with without contrast of the Abd Pelvis  
in in \_\_\_ day(s) or \_\_\_ week(s)

### **MEDICATIONS**

- Take \_\_\_ Levaquin one daily until finished.  
 \_\_\_ Cipro XR once daily until finished.  
 \_\_\_ Bactrim DS one twice daily until finished.  
 \_\_\_ Prosed DS one 4 times a day as needed for burning.  
 \_\_\_ Pyridium one 3 times a day as needed for burning.  
 \_\_\_ Vicodin one to two every 4 hours as needed for pain.  
 \_\_\_ Percocet one to two every 4 hours as needed for pain.

