

## Patient Information Sheet – Cystoscopy

Following your procedure, it is normal to have:

- Blood and flecks of white tissue in the urine
- Some urgency and frequency to urinate
- Stinging and discomfort when passing urine

In most cases these resolve within a few days.

Some strategies that may help with discomfort include:

- Drinking plenty of water
- Using Ural sachets (available from supermarkets and pharmacies, and may be provided by the hospital in some circumstances)

However, if you are experiencing:

- Inability to pass urine
- Fevers and shakes
- Consistently worsening stinging, burning, urgency or frequency
- Or are seriously concerned for any other reason

Then you may need to be assessed and treated urgently. Dr Handmer suggests that in an emergency (particularly if you are unable to pass urine, or if you have a fever) that you attend the Emergency Department for assessment and treatment, or call 000 for an ambulance. Dr Handmer provides urgent advice and admits emergency Urology patients at both John Hunter Emergency and Lake Macquarie Private Emergency Departments. For less urgent complaints, your General Practitioner may be able to assist. Most days of the week Dr Handmer is operating, and therefore we usually cannot provide urgent care through the office.

Follow up plans:

- In most cases, Dr Handmer will discuss your anticipated follow-up **prior** to your operation. This is because the drugs used for anaesthesia impair your ability to retain and process information on the day of surgery, therefore usually Dr Handmer will not explain the findings of your procedure and future plans in detail on the day of surgery.
- You are welcome to contact the office to arrange your follow-up any time from the day after surgery. If we have not heard from you, we routinely contact you within four days of your procedure to arrange follow-up.