

**San Buenaventura Urology**

*in association with Community Memorial Health System*

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Adult & Pediatric Urology

If you accidentally pass a stent thru the urethra, don't panic. The body sometimes expels these tubes. Gently pull it out and discard. Call the office and let us know this occurred.

Take the antibiotic tablet given to you as directed, use pain medication if needed as bladder spasms are common and uncomfortable. An over the counter medication, Cystex Plus is terrific as a soothing medicine for the bladder.

Drink water to flush the bladder, about two quarts (64 ounces/day). Avoid citrus or highly acidic foods as these will irritate the already tender bladder.

Make sure you have an appointment 1 - 2 weeks post procedure in the office with the NP or MD to review your progress and results of your procedure.

Call the office (805)643-4067 for problems or questions that cannot wait for your post procedure appointment. If you have an emergency after hours, go the Community Memorial Hospital Emergency Department.

## POST PROCEDURE DISCHARGE INSTRUCTIONS

### **CYSTOSCOPY (DIAGNOSTIC) WITH/WITHOUT BIOPSY:**

This procedure is a direct examination of your bladder with a flexible lighted scope that is inserted in the urethra by the surgeon. He is able to see the walls of the bladder directly. The procedure can be done in the office with local numbing gel to the urethra, or under general anesthesia. It requires approximately 5 -10 minutes. If the surgeon decides to biopsy the bladder wall, the tissue is sent to the lab for analysis by the pathologist. This usually requires general anesthesia.

### **CYSTOSCOPY (THERAPEUTIC) WITH/WITHOUT URETEROSCOPY:**

This procedure is done under general anesthesia to remove bladder or ureter stones, remove bladder tumors, examine the ureters and renal pelvis of the kidneys for masses, or look for causes of hematuria. Occasionally, stents or tubes are left in the ureters to help dilate the ureters following procedures or assist stones to pass. These can be removed in the office with a cystoscopic procedure one to two weeks later.

### **POST PROCEDURE CARE:**

One day at rest at home is usually sufficient to allow the anesthesia to wear off and monitor your ability to empty your bladder. Patients that do heavy lifting at work or feel discomfort from the stents should let us know so we can write you an excuse from work until the stents are removed.

Expect to see some pink to red blood in the urine - even small clots or scabs will pass in the following days to weeks.

Temperatures up to 100.4 F are typical as the body heals.