

Instructions for Patients After Having:

- Cystoscopy
- Cystolitholapaxy
- Ureteroscopy
- Lithotripsy
- Stone Manipulation
- Collagen or Botox Injection

Read this brochure to learn about:

- How to take care of yourself at home
- What activities are safe
- How to take your medication
- Problems to watch for
- When to make follow-up appointment

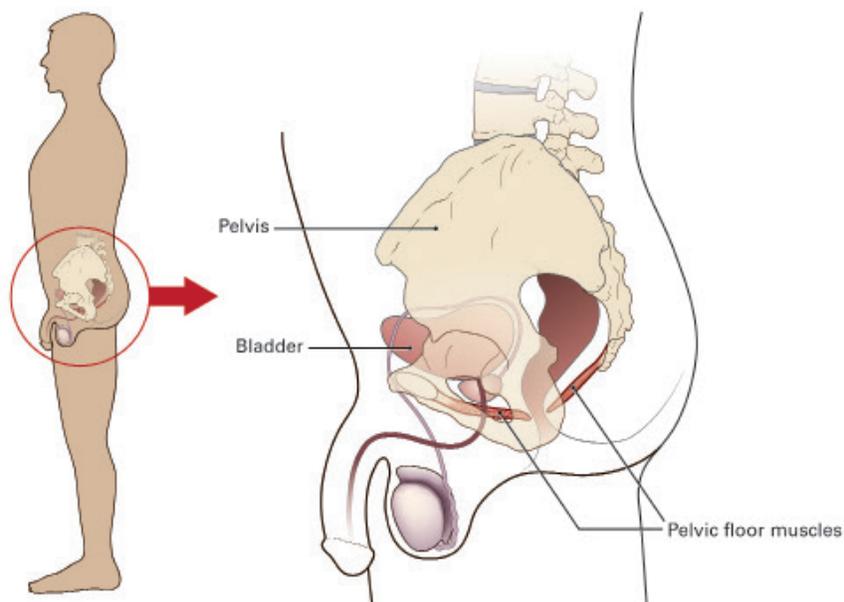


You have had an anesthetic or narcotic medicine.

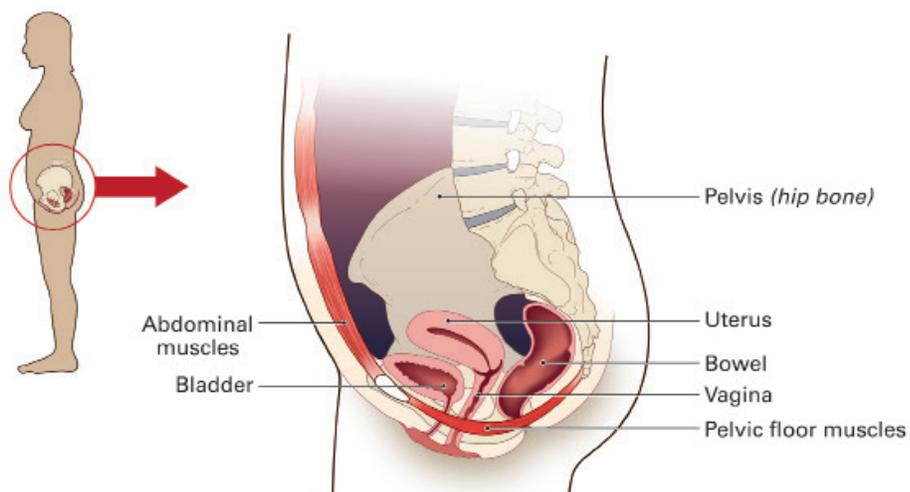
- Do not drive a car or drink alcohol for 24 hours.
- Have a responsible adult stay with you overnight.



Male urinary tract



Female urinary tract



The procedures explained in this brochure are usually done by a **urologist** (a doctor who treats problems with the urinary tract).

What is a cystoscopy?

A cystoscopy is a surgery that allows the doctor to look inside the lower urinary tract (urethra, prostate, bladder neck and bladder) with a flexible or rigid **cystoscope**. A cystoscope is a thin telescope-like tube with a light and camera attached.

Your doctor has done a cystoscopy to assess or diagnose certain conditions, such as:

- bladder cancer
- blood in the urine (Hematuria)
- chronic pelvic pain
- frequent urinary tract infections
- interstitial cystitis
- painful urination
- urinary blockage (such as enlarged prostate, narrowing of the urinary tract, polyps, tumours)
- urinary stones

What is a cystolitholapaxy?

Cystolitholapaxy is a procedure that breaks up and removes bladder stones using a cystoscope (thin telescope-like tube with a light and camera attached).

What is a ureteroscopy?

The doctor uses a flexible or rigid instrument called a ureteroscope to look into the ureters (the tubes that pass the urine from the kidney to the bladder).

The reasons your doctor may do a ureteroscopy include:

- treating stones in the ureters
- placing a stent
- doing a biopsy for a tumour

What is a lithotripsy?

Lithotripsy is a procedure that breaks up large stones into smaller pieces using a laser beam. The stones are then removed with a stone basket or they flow out naturally when you urinate.

What is Bulkamid and botox injection?

A doctor uses a cystoscope (thin telescope-like tube with a light and camera attached) to help guide a needle with bulkamid into the urethra or botox into the bladder. Bulkamid and botox injections can be used to treat urinary incontinence, overactive bladders, or female stress incontinence.



What can I eat and drink after my surgery?

You can go back to eating and drinking what you normally would right away.

For the next 3 to 5 days: drink about 6 to 8 glasses of water a day.

- If you feel nauseated (sick to your stomach) or you are vomiting, you can get anti-nausea medication such as Gravol. You can buy it from your pharmacy without a prescription.
- Take the anti-nausea medication as directed and drink liquids until the nausea passes. Then slowly start to eat what you usually eat.



How much activity is safe?

When you return home, rest for the first day.

For the first week:

- **NO heavy lifting** (more than 10 lbs or 5 kilograms). For example: do not carry groceries, or lift young children or pets.
- **NO strenuous exercises.** For example: no gardening, shovelling snow, jogging, golfing or skiing.
- **Don't be sexually active.**

- **Do not strain when you are having a bowel movement.** To make sure you don't get constipated, drink lots of fluids (about 6 to 8 glasses of water a day – each glass should be about 8 ounces). Eat foods that are high in fibre, such as bran and fruits.

After 1 week you can return to your everyday activities.



When can I shower or bathe?

You can shower or take a bath as usual.



How do I take my medication?

You may feel some pain or have a burning feeling when you urinate. This is normal and will gradually go away.

We may give you a prescription for pain medication.

- If you feel pain, take your prescription to a pharmacy to get it filled. Follow the directions on the bottle.

Sometimes pain medication causes constipation. If you get constipated:

- Drink about 6 glasses of water a day (each glass should be about 8 ounces)
- Eat foods high in fibre, such as bran and fruits
- **If you don't go to the bathroom for 72 hours:** take Milk of Magnesia. You can buy this laxative at your pharmacy without a prescription. Follow the directions on the bottle.

We may give you a prescription for antibiotics.

- Take it to a pharmacy to get it filled. Take the antibiotics as directed until you have finished the entire bottle.

We may also give you a prescription for a medication that will help your bladder spasms.

- Take the prescription to the pharmacy to get it filled. Follow the directions for taking the medication.

Do NOT take anti-inflammatory medications such as Advil (ibuprofen) or Aspirin for 1 week after your procedure. These medications can increase your risk of bleeding.

If you get a skin problem such as hives, itchiness or redness:

- Stop taking the antibiotics and call your surgeon or family doctor right away.



How do I care of my dressing (bandage) and wound?

You may have a small amount of bleeding, and a feeling of having to go to the bathroom often to urinate. This is normal. It should go away in 2 to 3 days.



Problems to watch for:

Call your surgeon or your family doctor or come to the Toronto Western Hospital emergency department. If you are from out of town, go to the nearest emergency department if any of the problems below happen to you.

- Fever (a temperature higher than 38 °C or 101 °F)
- A bloated feeling in your lower abdomen and you haven't been able to urinate for 6 to 8 hours
- A lot of bleeding when you urinate (for example you see bright red blood in your urine)
- Pain in your side or your lower stomach area that doesn't get better when you take pain medicine

My follow-up appointment

You must have a follow-up appointment with your surgeon. Call your surgeon's office to make an appointment if one is not made for you.

Date: _____ Time: _____

- Dr. Elterman 416 603 5033
Main Pavilion – 8th Floor (Room 317)
- Dr. Hassouna 416 603 5018
Main Pavilion – 8th Floor (Room 306)
- Dr. Radomski 416 603 5713
Main Pavilion – 8th Floor (Room 304)
- Cystoscopy Department
East Wing – 4th Floor

For more information visit www.uhn.ca or www.uhnpatienteducation.ca



Special instructions for me



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Form: D-5231 | Author: Bruna Curti & TWH Day Surgery Patient Education Committee, Reviewed by Dr. Elterman, Dr. Hassouna and Dr. Radomski | Reviewed: 2021