

Post-Cystoscopy Care Instructions 膀胱鏡檢查術後注意事項

1. If you underwent anesthesia during the procedure, you must rest in the recovery room for 1 to 2 hours after the procedure. You may leave the hospital only after the doctor assesses that you are fully awake, not dizzy, and able to stand steadily. Please avoid driving yourself home even if you are fully alert and not experiencing dizziness or discomfort. Ensure safety and have a family member accompany you when leaving the hospital.
2. Most patients experience no discomfort after the procedure, or only mild urinary pain and frequent urination, which usually resolves within 1 to 2 days.
3. Start by drinking a small amount of boiled water. If there are no issues, you may try eating small meals more frequently. If nausea or vomiting occurs, rest for half an hour before trying again. Return to a normal diet gradually.
4. Drink plenty of water after the procedure, approximately 2000-3000 cc per day (including soup and water content in food), and avoid holding in urine to prevent urinary tract infections. If you have heart or kidney disease, please follow the medical instructions on limiting water intake.
5. You must urinate at least once within 4 hours after the procedure. The first few urinations may be slightly red or contain blood streaks, which is normal. Drinking plenty of water should help. If the symptom persists for more than a day, please seek treatment at the hospital immediately.
6. If a catheter was placed, please ensure to clean it daily.
7. After the procedure, you can resume regular diet and activities. Take showers instead of bathing to reduce the risk of infection.
8. For general self-care, it is recommended to consume plenty of citrus fruits or cranberry juice to reduce the chance of urinary tract infections.
9. Please take your medications as prescribed and do not stop taking them on your own. Follow the doctor's instructions for follow-up appointments.
10. If you have not urinated for more than 4 hours or experience abdominal bloating, a burning sensation in the urethra, fever, chills, lower abdominal pain, persistent difficulty urinating, frequent urination, or large amounts of blood in the urine

(bright red blood or blood clots), please seek medical attention.