



COMPREHENSIVE

UROLOGIC CARE

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CYSTOSCOPY, TRANSURETHRAL RESECTION OF BLADDER TUMOR CYSTOSCOPY, BLADDER BIOPSY AND FULGURATION

Postoperative Instructions

DIET:

You may resume a normal diet as soon as you feel ready after your procedure. It is common for 24 hours after anesthesia to avoid heavy meals and start slowly with clear liquids. Eat plenty of fiber-rich foods for the first 1-2 weeks. Alcoholic beverages are best avoided in the first 24 hours and while taking any narcotic pain medications. It is important to drink plenty of water (6-8 glasses) after your TURBT/bladder biopsy.

ACTIVITY:

It is important to avoid strenuous activity and/or exercise for the first 1-2 weeks after your procedure. This includes avoiding golfing, tennis, and jogging, working out/stretching activities, lawn work such as mowing, raking, shoveling, sexual activity, and any lifting more than 15 lbs. Discuss any specific work-related concerns you have with your urologist.

MEDICATIONS:

Your urologist will likely prescribe a narcotic pain medication-take this as needed per the instructions. Note that these medications can cause upset stomach and be constipating. You may also be prescribed additional medications that soothe the urinary tract and/or minimize spasms of the bladder. A preventative antibiotic may be given for a 24-hour period after your surgery.

It is important that if you take a daily blood-thinning/anti-platelet medication (Coumadin/warfarin, aspirin, Advil/Motrin, Lovenox, Pradaxa, Eliquis, Xeralto, Plavix, etc.) that you only restart this as instructed by your physicians.

BOWELS:

It is important to avoid constipation as you recover from your TURBT/bladder biopsy. Drink plenty of fluids (especially water). Narcotic pain medication can be constipating, and it is important to take an over-the-counter stool softener/laxative to help prevent constipation (Miralax, milk of magnesia, Colace, etc.).

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EXPECTED SYMPTOMS:

It is common to have pain or burning sensation when urinating, urgency to urinate frequently, blood in the urine for several days after your procedure. Bladder spasms can result in leakage of urine around the catheter. Contact us for worsening/severe pain and/or burning, fevers and chills, severe bleeding with passage of large blood clots, or inability to pass urine.

FOLEY CATHETER:

In some cases a foley catheter is required after TURBT/Bladder biopsy to allow healing of the bladder and prevent urinary retention. This is done at discretion of your surgeon. Instructions regarding the timing of the foley catheter removal will come from your surgeon.

See "Foley Catheter Care Instructions."

FOLLOWUP APPOINTMENT:

Our office will contact you to schedule your follow-up appointment. This will typically be in 1-2 weeks.

PATHOLOGY RESULTS:

Your pathology results from your procedure will be reviewed with you at your follow-up appointment with your urologist. These will not be given out over the phone.