

Dr Martin Elmes
Urological Surgeon - Gold Coast Urologist
P: 07 5575 7922
Suite 2 Level 1, Varsity Lakes Day Hospital,
2 Lake Street Varsity Lakes 4227



UROLOGICAL SURGEON
DR MARTIN ELMES
MBBS (MELB), FRACS (UROL. SYD)

WHAT TO EXPECT POST YOUR CYSTOSCOPY PROCEDURE

This information explains what you may experience post your procedure and how to take care of yourself during this time.

- You may feel burning when you urinate for the next 2 to 3 days
- You may experience frequency and urgency of urination for the next day or two
- You may see a small amount of blood in your urine for the next 2 to 3 days. This will make your urine look pink
- If you have had an anaesthetic you will be uninsured to drive for 24hrs
- Return to work is usually 1-2 days post procedure but this depends on how your recovery is going, type of work and when you are comfortable.
Dr Elmes rooms can provide you with with a medical certificate if required.

What to do:

- Drink plenty of fluid every day for the next few days. The liquids will help flush your bladder. This is important to help reduce the amount of bleeding you may have and to help prevent infection
- Take URAL sachets up to 4 times per day if you experience a burning sensation

Things to avoid:

- Avoid strenuous activities, such as bicycle riding, jogging, weight lifting, aerobic exercise and machinery operating for the day after
- Most people are able to return to work within 1 or 2 days after the procedure

Inform Dr Elmes' rooms if:

- You are unable to void (urinate)
- Heavy bleeding / multiple clots
- Fevers / unwell