PATIENT & CAREGIVER EDUCATION

Instructions After Your Cystoscopy

This information explains how to care for yourself after your cystoscopy.

What to Expect After Your Procedure

- You may have numbness from the local anesthesia (medication that keeps you from feeling pain) that was used during your procedure. This should go away within 1 to 3 hours.

- You may feel burning when you urinate for the next 2 to 3 days.

- 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 had a small tumor destroyed by fulguration (with heat from an electric current), you may also see small pieces of tissue in your urine.

- You can go back to doing your usual activities.

- When there’s no blood in your urine, you can go back to having sexual activity.

Drink at least 8 (8-ounce) glasses of liquids 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. It also helps prevent infection. You can limit how much you drink after 8:00 PM to avoid trips to the bathroom during the night.

**Test Results**

Your urine cytology results will be available in 3 to 4 days. This test will tell us if there are cancer cells in your urine. Usually, your doctor’s office will only call you if the test results were abnormal. You can see your test results in your MyMSK (patient portal) account in about 7 days, or you can call your doctor’s office to ask.

If you had a biopsy done, the results will be available within 1 week. Your doctor’s office will usually call you with the results. You can also call the office to ask.

**Call Your Doctor or Nurse if You Have:**

- Bright red blood or blood clots in your urine
- Pink urine that lasts for more than 3 days
- Burning when you urinate that lasts more than 3 days
- Pain that isn’t relieved by your pain medication
- A fever of 100.4 °F (38.0 °C) or higher
- Shaking chills
- Lower back pain
• An inability to urinate
• Little or no urine
• Any other problems or concerns

If you have any questions, contact a member of your healthcare team. After 5:00 PM, during the weekend, and on holidays, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.