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### Discharge instructions Following Cystoscopy, Meatotomy

#### Procedure:

You had a camera placed into your bladder, and opening of the hole to the urethra

#### What to expect:

**Urine:** Your urine may be bloody for several days. There will be stitches at the meatus which will dissolve. You may also have a splayed stream. Do not be alarmed. You will also notice burning which will improve with Pyridium, a urinary analgesic. You will void more often and in smaller amounts. This will also improve with time.

**Anesthesia :** You will be sleepy and tired from the anesthesia. Do not drive for at least 24 hours.

**Diet:** You can eat and drink anything you like but be reasonable. Drink plenty of fluids to stay hydrated. Water and Gatorade are good choices.

**Pain:** You may feel pain in your flank, bladder, and genitalia. This is common and will improve primarily with time as this is a reaction of your body to the procedure.

**Nausea/vomiting:** This is common after anesthesia. We recommend drinking only liquids such as Gatorade while nauseated. Nausea will gradually pass with time.

**Constipation:** This is a common side effect of pain medication. Take stool softener as instructed after your procedure. **For constipation longer than 48 hours:** drink ½ bottle of magnesium citrate. If no bowel movement after one hour drink the other half of the bottle. If no bowel movement after magnesium citrate, use a Fleets enema.

#### What to call for:

**Fever :** Call for a temperature over 101

**Nausea/vomiting :** Call if you do not feel well and cannot keep anything down.

**Inability to urinate :** If you cannot urinate after the procedure, please call us immediately.

**If you have any questions**





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### **Medications:**

**Antibiotics:** Take these medications as directed by your physician.

**Pyridium/ AZO standard OTC:** This medicine is a urinary analgesic that reduces burning. This will turn your saliva, sweat, tears, and urine bright orange.

**Pain medicine:** Take pain medicine as needed with food so you do not vomit. Side effects including nausea, vomiting, itching, and constipation. Do not drive on narcotic pain medicine such as Tylenol #3 or Percocet.

**Stool softener:** Take a stool softener while on pain medicine so you do not get constipated. We recommend Colace 200mg twice daily and Senna 2 tabs daily.

**Ibuprofen:** You can take ibuprofen as instructed on the bottle for pain, but please take in moderation. We recommend no more than 600mg three times daily for 3 days. Do not take this if you have a history of gastric ulcers.

**Please resume all previous medicines as before, including aspirin or Plavix (blood thinners) if you were on them previously.**

### **Follow up:**

**Please follow up on:**

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Call us at 404-400-3120 with any questions or concerns.

