

Patient information factsheet

Recovering well after a cystoscopy and urethral dilatation

We have given you this factsheet because you have had an operation known as a 'cystoscopy and urethral dilatation'. We hope it will help to answer some of the questions you may have after your operation.

If you have any other questions or worries, please ask us.

Common symptoms after a cystoscopy and urethral dilatation

Pain and discomfort

After the operation, you may feel some burning or stinging when passing urine (peeing). You may also pass some blood.

Use over-the-counter pain relief, such as paracetamol or ibuprofen. Always read the label or instructions before taking medication.

You can take your next dose of pain relief at:(time)

When to seek medical advice

Most women recover well after a cystoscopy and urethral dilatation, but as with any operation, there can sometimes be complications.

Contact Bramshaw Women's Unit on 023 8120 6035 (up to two weeks after your operation), **or contact your GP or NHS 111 if you experience:**

- increasing abdominal (tummy) pain
- a temperature (fever)
- a loss of appetite and vomiting
- difficulty passing urine, passing only small amounts of urine frequently or retention of urine
- a painful, red, swollen, hot leg or difficulty bearing weight on your legs (this may be caused by a deep vein thrombosis (DVT))

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Recovering from your operation

Side effects of the anaesthetic and/or sedation

For the first 48 hours after your anaesthetic or sedation, you may feel more sleepy than usual and your judgement may be impaired.

For 48 hours, do not:

- drive (each insurance company will have its own conditions for when you are insured to start driving again, so check your policy)
- drink alcohol
- work
- exercise
- handle machinery (including an oven or hob)
- sign any legal documentation

Diet and fluids

You can eat as normal after your operation.

It is important that you drink twice as much fluid as normal for the first 24 to 48 hours (clear, non-alcoholic fluid such as water). This will help to flush your system through and reduce the risk of infection.

Washing

You can have a bath or shower the day after the operation. If you have had a general anaesthetic, you might feel dizzy, so have an adult around to help you if needed and leave the door unlocked.

Useful links

The British Association of Urological Surgeons

www.baus.org.uk

Contact us

If you have any questions or worries, please call the Bramshaw Women's Unit on **023 8120 6035**.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**