

ALBUQUERQUE UROLOGY ASSOCIATES, P.A.

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POST-OPERATIVE DISCHARGE INSTRUCTIONS CYSTOSCOPY WITH (or without) RETROGRADE PYELOGRAMS

Cystoscopy is the process of looking, with a medical telescope, into the bladder. A retrograde pyelogram is a radiological study to look at the anatomy of your urinary system. Typically these studies are completed to look for abnormalities in your bladder, ureters or kidneys.

Diet: May resume regular diet as tolerated.

Activity: Quiet activity today and then resume normal activity as tolerated. No heavy lifting or exercising for the next few days.

Bathing: May use shower or bathtub when fully recovered from anesthesia.

Post Operative Care: Drink plenty of fluids avoiding caffeinated drinks, spicy foods, and alcohol. Avoid strenuous activity. You may have bladder spasms throughout the day at any time. Flank pain (back pain) is common. It may feel like a dull ache or back spasm. You may feel pain in your kidney when urinating. Be careful engaging in activity that can harm yourself and others (e.g. driving or operating heavy machinery). Blood in your urine is also common could be light pink to cherry color. You may pass stone debris and small blood clots.

Medications:

- Lortab** (5, 7.5, 10 /500) mg one tab by mouth every 6 hours as needed for pain
- Percocet** (5, 7.5, 10/325) mg one tab by mouth every 6 hours as needed for pain
- Pyridium** (100, 200) mg one tab per mouth every 8 hours for dysuria (burning)
- Cipro** (250, 500) mg one tab per mouth twice a day
- Ibuprofen** (400, 600, 800) mg by mouth every 6 hours with food for pain (use Ibuprofen first and if you still have breakthrough pain use your narcotic prescription)
- Other: _____

Follow-up Studies:

- KUB XR** [flat plate x-ray of abdomen that includes a picture of your kidneys, ureters and bladder] Obtain film a few days prior to your follow-up office visit. Bring the film with you to office.
- _____

Follow-Up Appointment:

- You have an appointment on _____ at _____ a.m./p.m.
Date Time
- The office will call with your follow-up appointment date and time. *(Please call my assistant if you do not hear back from us 7 business days post operatively).*
- (New Patients)* Please call our office for a follow-up appointment within 2 weeks unless otherwise instructed.

Please notify our office for any signs or symptoms of infection, such as fever (>101), chills, nausea, vomiting, or feeling ill. Call if you have bright red continuous bleeding, pain not controlled by your prescriptions, or retention of urine. My assistant, Shelly can be reached at 505-242-3991 x2026.

Warning: A double J. stent is not a permanent implant and must be managed by your urologist. It is safe if used for short durations (less than 3 months). It can cause significant harm to your urinary system if you fail to have proper medical follow.

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A COPY OF THIS FORM WAS GIVEN TO PATIENT ALONG WITH APPROPRIATE PERSCRIPTIONS. DISCHARGE INSTRUCTIONS WERE EXPLAINED. ALL QUESTIONS WERE ANSWERED. THE PATIENT (AND/OR FAMILY) UNDERSTANDS THE IMPORTANCE OF PROPER FOLLOW-UP.

This document is an official patient record. Please place in the chart.

