

Home Advice for Patients Who Have Undergone a Cystoscopy

Author: Beverley Gray, Senior Sister. Day Care Unit



James Paget
University Hospitals
NHS Foundation Trust

Following your minor operation:

- It is advisable to increase your usual fluid intake for at least the first 24 hours.
- You may pass blood in your urine for the first 24 hours.
- You may experience some discomfort on passing urine, but this should gradually resolve.
- If you are still experiencing discomfort after 3 days or generally feeling unwell following your cystoscopy, please consult your GP.

For 24 hours following your general or local anaesthetic:

1. Do not drive a car, ride a bicycle or operate machinery
2. Do not lock the bathroom or toilet door
3. Do not make important decisions or sign documents
4. Do not drink alcohol
5. If there are any problems after you return home, please telephone your GP
6. It is important following surgery to remain as mobile as possible.

The Day Care Unit is open Monday to Friday from 0700 hours to 2200hrs. Should you have any concerns following your discharge home please do not hesitate to contact us on 01493 452022 or 01493 452029.

Out of these hours please contact NHS Direct on 111 or if you feel it is an emergency attend your local A&E department.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- Courtesy and respect
- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
So people feel **cared for**

- Responsive communication
- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240