



# Cystoscopy Care

Revised: 11/13/2025

WH Urology

1202 Medical Center Drive

Wilmington, NC 28401

## Care After Cystoscopy

### What to Expect

- Mild burning with urination for 1–2 days.
- Increased urinary frequency or urgency for 1–2 days.
- Slightly pink urine or small blood clots (should improve within 24–48 hours).
- Mild pelvic discomfort or pressure.

### Self-Care at Home

- Drink 6–8 glasses of water daily to help flush your bladder.
- You may take Tylenol or Motrin as directed for discomfort.
- Avoid heavy lifting or strenuous activity for 24 hours.
- Resume your normal diet and medications unless told otherwise.
- If prescribed antibiotics, take the full course as directed.

### When to Call the Office

- n Fever above 100.4°F (38°C) or chills.
- n Persistent burning or pain beyond 48 hours.
- n Heavy bleeding or passing large blood clots.
- n Inability to urinate.
- n Severe pelvic or abdominal pain not relieved with medication.

**Office Phone:** 910-341-3389

**Nurse Contact (Chanda Huetter):** 910-742-8978

If you cannot reach us and your symptoms are severe, please go to the **nearest emergency department**.