

Cystoscopy and Ureteroscopy – Discharge Information

This information leaflet has been designed to give you advice and information about your recovery post procedure and discharge from the hospital.

We expect you to follow the instructions given to you by your healthcare team and to take responsibility for your own aftercare.

Please be assured that we will be available to contact if you have any problems or concerns during your hospital stay and post discharge from us.

After a Cystoscopy or Ureteroscopy has been performed

Most scopes are done without any problem. For the next 24 hours you may have a mild burning feeling when you pass urine and feel the need to go more often than usual.

You may also see small amounts of blood in your urine. It is important to increase your oral fluid intake (preferably plain water) following the scope in an attempt to relieve any discomfort experienced.

Post op complications

Please seek advice from the ward, your GP or walk in centre if any of the following occur:

- Blood in the urine that lasts for more than 2 days
- Severe Pain
- If you are unable to pass urine
- If you develop symptoms of infection i.e.: chills or fever

You should attend your local Accident and Emergency department in the case of an Emergency.

VTE

VTE is a collective term for two conditions:

- **DVT** (Deep Vein thrombosis) - this is a blood clot most commonly found in a deep vein that blocks the flow of blood
- **PE** (Pulmonary Embolism) – a potential fatal complication where a blood clot breaks free and travels to the lungs.

Whilst you are less mobile, especially during the first few weeks following surgery, the risk of VTE is higher because of your immobility.

Symptoms of DVT / PE

- Calf swelling and tenderness
- Heat and redness compared with the other leg
- Shortness of breath
- Chest pain when breathing in

Things you can do to prevent VTE

- Move around as much as possible. Be sensible though, short and regular movement is best.
- If you were supplied with anti-embolism stockings please wear as advised by the healthcare team
- Drink plenty of water to keep yourself hydrated

- We strongly advise you not to smoke-this will have been discussed in pre-op but we can also refer you to our smoking cessation team within the hospital
- When at rest rotate your feet around in circular movements to keep your calf muscles pumping small preventative measures can have a huge impact on your recovery.

Useful contact numbers:

- **Day Surgical Unit**
0151 529 0117 / 0118 (9am – 7pm)
- **Ward 2**
0151 529 8221
(Available to call 24 hours a day)
- **Nurse Clinician**
0151 529 5980
Monday – Friday (10pm – 7am)
Saturday/Sunday (11am – 7pm)
(10pm – 7am)
- **NHS Direct**
111from any landline or mobile phone free of charge. Some areas of the country are still covered by the 0845 4647 service.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk