

# Hydrodistention of Bladder Post-Procedure Instructions

## What to expect after Hydrodistension:

- Constant frequency and or urgency due to the raw surface of your bladder and the irritating effects of urine. This will resolve or improve slowly over the healing period.
- Expect bloody urine over the next 6 weeks. Don't be alarmed, even if the urine was clear for a while.
- Drink lots of fluids! This will help decrease the amount of blood in your urine.
- Take all medications as prescribed.

## Diet

- Avoid citrus and acidic juices (grapefruit and orange)
- Avoid alcohol
- Avoid spicy and acidic foods
- Drinks with caffeine should be used in moderation. Caffeine will cause irritation or frequency.

## Activity

- Activity should be restricted, especially during the first to second weeks.
  - No heavy lifting over 10 lbs.
  - No strenuous exercise and limit stair climbing to a minimum.
  - No sexual intercourse until cleared by your physician.
  - No severe straining during bowel movements. Take laxative if necessary.

## Call Your Urologist If You Experience These Problems

- Fevers over 101.5° F
- Heavy bleeding or large blood clots in urine
- Unable to urinate
- Severe burning or pain with urination that is not improving with pain medications.