

Urogynaecology department

# Post-Cystoscopy (including Botox and BULKAMID)

## Information for patients, relatives and carers

### Introduction

This leaflet explains more about what to expect after you have one of the following procedures:

- flexible cystoscopy (with or without a bladder biopsy)
- flexible cystoscopy and Botox injections to the bladder
- peri-urethral bulking agent injections

If you have any questions about the information in this leaflet, please speak to a doctor or nurse caring for you. Follow-up for your procedure will be discussed with you before you leave today.

### After flexible cystoscopy (with or without bladder biopsy)

Most cystoscopies are done without any problem. For a couple of days following the procedure, you should drink at least three pints (roughly 10 cups) of liquid per day. This helps prevent urine infections.

For the next 24 hours, you may have a mild burning feeling when you pass urine (wee) and feel the need to go more often. Your urine may look pink due to mild bleeding, particularly if a biopsy was taken. If this occurs, drink more fluids to dilute the blood.

Any bleeding should settle within the next 24 hours. Occasionally, a urine infection develops shortly after a cystoscopy. This can cause a fever (high temperature) and pain when you pass urine. Rarely, the cystoscope may damage or perforate (tear) the bladder.

After you have had a cystoscopy, contact your doctor (details below) if:

- pain or bleeding is severe
- any pain or bleeding lasts longer than two days
- you develop symptoms of infection, such as a fever
- you cannot pass urine

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## After flexible cystoscopy and Botox to the bladder

The information above applies to this procedure too and a little bleeding is also common with - Botox injections.

We will have already shown you how to do intermittent self-catheterisation (ISC) as a safeguard in case you are one of the 10 to 20 patients in a 100 (10 to 20 per cent of patients) who are unable to pass urine following the procedure. It can take up to 10 days after the procedure for this to happen. If you are at all unsure please contact the urogynaecology department on the number below.

## After peri-urethral bulking agents

After this procedure, we will check that you empty your bladder and feel well enough to leave the department. It is best to spend the rest of the day recovering rather than go back to lots of activity on the day of the procedure. You should be able to return to normal activities within 24 hours.

There may be a slight sting as you empty your bladder and some blood in the urine which should settle within one to two days. after your procedure.

Complications are rare, but can include:

- pain related to the procedure
- a small amount of blood in the urine
- delayed urination
- painful urination
- urinary tract infection
- these complications are all temporary and if they occur should resolve within a few days.
- retention of urine (being unable to wee) can occur very rarely and this can require learning to catheterise yourself (insert a small tube to drain the urine) on a regular basis. Please contact your doctor if you are unable to pass urine.

## Where should I seek advice or help?

During office hours (09.00 – 17.00, Monday to Friday) please contact the urogynaecology department on **020 3312 1752**

Out of hours, please contact your GP

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## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department: Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net) Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: [imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)

Urogynaecology department  
Published: November 2023  
Review date: November 2026  
Reference no: 755  
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