

# Steven A. Johnson, M.D.

**ADULT & PEDIATRIC UROLOGY**

**Steven A. Johnson, M.D.**  
Diplomate, American Board of Urology

**Angela Reynolds, FNP-BC**  
Family Nurse Practitioner-Certified

**Randee Hallmark, FNP-C**  
Family Nurse Practitioner-Certified

## **CYSTOSCOPY**

Please follow all of these instructions regarding your upcoming cystoscopy. Before your cystoscopy you do not need to follow any special dietary directions the night before or the morning of your cystoscopy.

Not all patients require an antibiotic before cystoscopy. However if you receive a prescription for an antibiotic prior to your cystoscopy, be sure to take it as directed.

After your cystoscopy do not exercise. Do not do any heavy lifting. Do not do any strenuous activity for 24 hours after your cystoscopy. You may resume your usual activity after that time.

You may experience burning, irritation or blood-tinged urination for 24 hours after your cystoscopy. This is normal and need not cause any alarm. Please increase your fluid intake (specifically, water) to help alleviate these symptoms. If these symptoms persist beyond 24 hours, or if you experience a high-grade fever (101 degrees or higher), shaking, chills, or inability to urinate, contact your doctor immediately. The office number is:

903-957-1104

Billing: Steven A. Johnson, M.D., P.A. will only handle the physician's fees for the procedure. Be aware that if a cytology, biopsy or bladder washing are taken, there will be an additional charge from the pathologist as well as the hospital where the specimen was sent.