Cystoscopy with Hydrodistension

A cystoscopy with hydrodistension is a procedure that allows your provider to look inside your bladder using a small camera. During the procedure, the bladder is gently stretched (distended) with fluid. This is done in the operating room while you are under anesthesia.

After the Exam
It is common to have some temporary symptoms after hydrodistension:

- Bladder or urethral discomfort may worsen for 1-3 weeks. Your provider will give you instructions on how to manage pain during this time.
- Light blood in the urine may occur for 2-3 days.
- Burning with urination is normal for 1-2 days.

Diet

- You may return to your normal diet as tolerated.
- Drink 8-10 glasses of water a day to stay hydrated and help flush your bladder.
- Avoid alcohol for 24 hours after your exam or while taking prescription pain medicine.

Activity

- Walking is encouraged.
- Discuss the timing of returning to work with your doctor.
- **Do not** drive for 24 hours after anesthesia.
- **Do not** drive while taking prescription pain medicine.

Follow-Up
Your first follow-up visit will be 2-4 weeks after your exam.

When to Call

- Unable to urine.
- Red or bloody urine lasting more than 3 days after your exam.
- Passing blood clots quarter-sized or larger in your urine.
- Temperature by mouth is over 100.5° F.
- New low back or hip pain.

Who to Call
If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan.

For a list of UW Health Clinics, please visit www.uwhealth.org/.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2026. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4433.