

## PATIENT INFORMATION

# Urology

## Flexible Cystoscopy

### What is a Cystoscopy?

A Cystoscopy is a visual diagnostic inspection that enables us to view the lining of the bladder or urethra (the water pipe) using a narrow camera called a cystoscope. This image is the projected onto a TV monitor and you will be able observe what is happening, if you wish to?

### Why is it necessary?

The procedure is used to investigate the cause of urinary symptoms such as recurrent infections, urgency/frequency, poor urinary flow or blood in the urine (haematuria). The cystoscopy should allow an accurate diagnosis to be made which in turn will enable your specialist to determine the best treatment plan for you.

### What does the procedure involve?

On average the cystoscopy takes 5 minutes. In the majority of cases, it is carried out using a lubricating local anaesthetic jelly in the outpatient's department (OPD).

The cystoscope is inserted into the urethra, which is the tube that carries urine from the bladder to the exterior. It is then used to fill the bladder with fluid. The doctor or nurse is then able to examine the lining of the bladder through the cystoscope.

### What are the risks?

Cystoscopy is a manually invasive procedure but occasional complications may occur. The risks are:

- Blood or debris in the urine.
- Pain/discomfort when passing urine after the procedure
- Urinary tract infection.

## **What should I do to prepare for the procedure?**

No special preparation is required. You may eat and drink as normal and take your regular medications. Please bring a urine specimen with you for the appointment.

## **What to expect afterwards?**

After the procedure, your urine may contain blood and you may experience some discomfort when passing urine. This should settle within a day or so.


You will be told to drink extra fluids, at least 1 – 2 litres of water over the next 24 hours. Mild painkillers should be sufficient to help alleviate any discomfort. However, if you have increasingly blood stained urine, bladder pain or a burning sensation when you pass urine, you should seek medical help and contact your GP.

## **Follow-up?**

The specialist will discuss any initial findings from the cystoscopy with you and make recommendations for any further investigations if necessary.

## **For more information**

If you have any questions about the procedure or about the information in this leaflet, please contact:

**Urology Nurses  Tel (01803) 655009 option 5**

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For further assistance or to receive this information in a different format, please contact the department which created it.