

## PATIENT INFORMATION

# Flexible Cystoscopy

This information should supplement what your doctor has already discussed with you.

### What is a flexible Cystoscopy?

This is an internal examination to inspect the bladder and urethra using a telescopic instrument.

### Indications

To investigate and diagnose abnormal urethral and bladder disease.

### Before the procedure

Please bring a urine sample.

No special preparation is required. You may eat and drink normally and may drive yourself to and from the hospital.

After reporting to the receptionist in the Endoscopy unit, you will be asked to take a seat in the waiting area. A toilet is available here and you are advised to empty your bladder before the procedure, you will then be escorted to the examination room.

If clinically indicated you will be given an antibiotic as a preventative measure against infection being introduced into your bladder during the examination. Please advise the doctor or nurse if you are allergic to any medication.

### How is the Cystoscopy performed?

You will be asked to undress and make yourself comfortable on the examination couch. The genital area is then cleaned with a mild antiseptic and some lubricating jelly containing a local anaesthetic is applied into the urethra. It may tingle or sting slightly.

During the procedure you may feel your bladder filling up as water is run in through the cystoscope; this stretches out the folds of your bladder giving your doctor or nurse practitioner a clearer view.

The inspection takes no more than a few minutes, after which the cystoscope is removed.

### Are there any side effects?

#### Common

- Mild burning or bleeding on passing urine may be experienced for 12-24 hours after examination.

## **Occasional**

- Infection of your bladder requiring antibiotics.

## **Rare**

- Temporary insertion of a catheter
- Delayed bleeding requiring removal of clots or a further procedure
- Injury to urethra causing delayed scar formation.

## **Alternative therapy:**

General anaesthetic cystoscopy.

## **When will I know the results?**

You will know the results of your examination immediately. Your doctor or nurse practitioner will also be able to discuss with you any further investigations or treatment that may be necessary.

## **What should I expect after the procedure?**

Since you are **not** given a sedative prior to this procedure you are quite safe to drive yourself home, should you wish to do so.

You may experience some minor discomfort on passing urine and/or a little blood in your urine for a day or so. If this persists contact your GP.

You are advised to drink additional fluids for a day or so following the procedure.