

Patient Information on flexible cystoscopy – Your questions answered

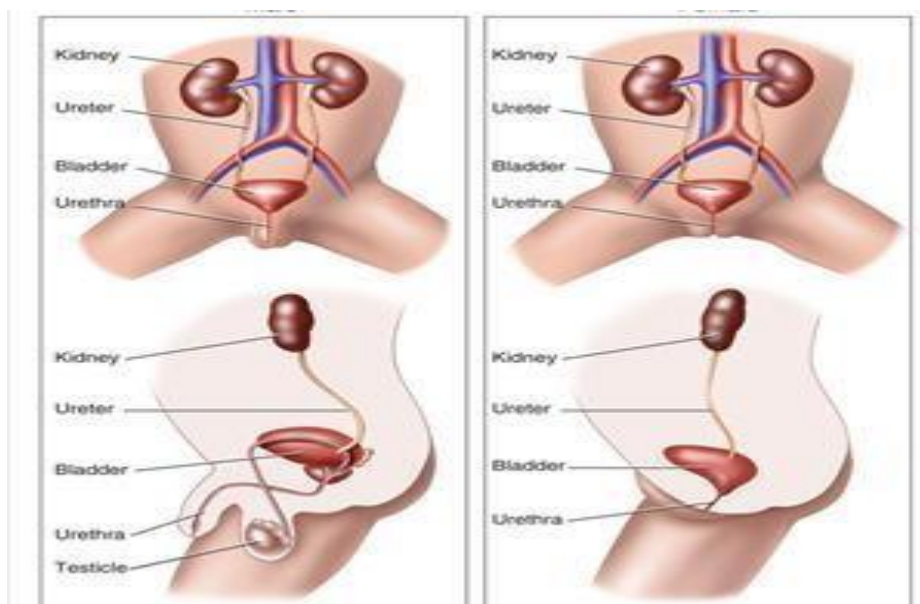
Patient Information on flexible cystoscopy – Your questions answered

What is a Cystoscopy?

A procedure called a cystoscopy allows us to look at the lining of your bladder to help us find out what is causing your symptoms such as frequent water infections (UTIs), blood in your urine (haematuria), incontinence, unusual cells found in a urine sample, persistent pain when passing urine or difficulty in passing urine (which may be due to prostate enlargement or a stricture (narrowing) of the water passage).

The examination is performed using a flexible instrument called a cystoscope which is very fine and has a bright light on one end. The cystoscope is placed in the urethra (water passage) and then guided into your bladder. Your bladder is filled with sterile water which allows us to move the cystoscope in your bladder. This may make you feel as though you need to pass urine.

During the procedure, a small pinch of tissue (biopsy) may be taken. The tissue is removed painlessly by using tiny forceps which are passed through the cystoscope. This would then be followed by a small probe to cauterise (seal tissue with electric current) the area to help prevent any bleeding. This may cause a mild stinging sensation.



Male

Female

What are the possible complications?

Most cystoscopies are done without any problems. For the next 24 hours you may experience a mild burning feeling when passing urine and the need to pass urine more often. Bleeding can be a complication of all cystoscopies especially in men and not just patients who have been biopsied.

Occasionally, a urine infection can develop shortly after a cystoscopy. This can occur 1 in every 20 procedures. This can cause a fever (high temperature) and pain when you pass urine. To try and prevent this, it is recommended you drink plenty of fluids for the next 48 hours (in the region of 2 litres per day).

On the day of your procedure

On arrival to the Endoscopy department please give your name to the receptionist. Be aware that your appointment time is the booking-in time not your procedure time. You will be given a health questionnaire to complete so please bring a list of your medication with you.

Before the test, you will be seen by an endoscopy nurse who will discuss the cystoscopy and check your health questionnaire with you. You will then be shown to the changing area where you will be asked to change into a hospital gown. You may wish to bring a dressing gown and slippers with you.

Before the test you will be seen by either the doctor or Urology nurse specialist in a private area of the department. This will give you the opportunity to ask any questions. You will be asked to sign a consent form indicating you understand the nature and risks of the procedure.

Once in the procedure room the nurses and doctor will do all they can to make you feel comfortable. You will be asked to remove your dressing gown and lie on your back on the trolley. The doctor or nurse will cleanse the genital area and you will be covered with sterile sheets. A local anaesthetic gel is then applied to the opening of the urethra. This numbs the area slightly to allow the cystoscope to pass with as little discomfort as possible. The examination will take approximately 5-10 minutes.

Once we are happy we have seen all of the bladder, the cystoscope will be removed. The doctor will sometimes do an internal examination of the vagina (for women) to check the genital tract. For men the rectum may be examined to check the prostate.

After the Procedure.

After the procedure the doctor will discuss the findings of the test and any further investigations or appointments you may need. Please feel free to ask any questions you may have. You will also be given some discharge information.

You will then be shown back to the changing area where you can get changed back into your clothes. A full report will be sent to your GP and/or hospital consultant.

Contact numbers

If you have any further questions you should contact:

Endoscopy Unit

(Monday-Friday, 8:30am-5:00pm) 0191 7371089 or 0191 7371070

Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us to improve the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

This leaflet can be made available in other languages and formats upon request

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