

### **Having a Cystoscopy**

**If you have any questions prior to your procedure please ring 0207-460-5605**

#### *Before you arrive*

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**If you are taking any blood thinning tablets (clopidogrel, warfarin) please consult your doctor or ring the Endoscopy department for advice**

**If you are diabetic please let us know.**

**Unless you have been advised otherwise you should take your usual medicines normally (with a few sips of water)**

#### *Consent*

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The Consultant must by law obtain your consent to treatment beforehand. He will explain all the risks involved, benefits and alternatives before asking you to sign a consent form.

#### *What is a Cystoscopy?*

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A cystoscope is a thin tube with a camera and light on the end. During a cystoscopy, a doctor inserts this tube through your urethra (the tube that carries urine out of your bladder) and into your bladder so they can visualize the inside of your bladder. Magnified images from the camera are displayed on a screen where your doctor can see them.

Your doctor might order this test if you have urinary problems, such as a constant need to urinate or painful urination. Your doctor might also order the procedure to investigate reasons for:

- blood in your urine
- frequent urinary tract infections
- an overactive bladder
- pelvic pain
- blockages
- enlarged prostate gland
- noncancerous growths

#### *Preparing for your Cystoscopy*

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Cystoscopy is usually done as a day case so you will not need to stay overnight in the hospital. Before going into the examination room you will be asked to change into a hospital gown. You will have to take off all your jewellery, so it's a good idea to leave it at home

#### *About your procedure*

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Just before the cystoscopy, you need go to the bathroom to empty your bladder. Then, you change into a surgical gown and lie down on your back on a treatment table. The nurse may provide you with antibiotics to help prevent a bladder infection.

At this point, you'll be given a local or regional anesthetic, you may also be given a sedative to relax you. Your urethra will be numbed with an anesthetic spray or gel. You'll still feel some sensations, but the gel makes the procedure less painful. The doctor will lubricate the scope with gel and carefully insert it into the urethra. This may burn slightly, and it may feel like urinating.

Your doctor looks at the monitor as the scope enters your bladder. A sterile solution also flows through to flood your bladder. This makes it easier for your doctor to see what's going on. The fluid might give you an uncomfortable feeling of needing to urinate.

With local anesthesia, your cystoscopy may take less than five minutes.

## *After your procedure*

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Most people are able to leave the department straight away after having a cystoscopy. Once at home, give yourself time to rest. Drink lots of fluids and stay close to the bathroom. Holding a damp, warm washcloth over your urethra can help relieve any pain.

## *Getting your results*

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In many cases, the results are available immediately after the examination. However, biopsy results may take five to seven days. You can talk to your Consultant about the results and any necessary treatment at your next appointment.

## *Are there any risk associated with a Colonoscopy?*

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It's normal to have a burning sensation while urinating for two to three days after the procedure. You may need to urinate more frequently than usual. Don't try to hold it, as the blood in your bladder could clot and create a blockage.

Blood in the urine is also common after the procedure, especially if you had a biopsy. Drinking lots of water helps ease the burning and bleeding.

In rare cases, germs enter your urinary tract and cause infection. Fever, strange smelling urine, nausea, and lower back pain are all symptoms of infection. You might need antibiotics.

**Bleeding:** A few people suffer from more serious bleeding. Call your doctor if this happens.

### Contact

If you have any questions or need further information, please contact the

Endoscopy unit:

Tel: 020 7460 5605

The unit is open from 8.00am to 6.00pm, Monday to Friday.

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