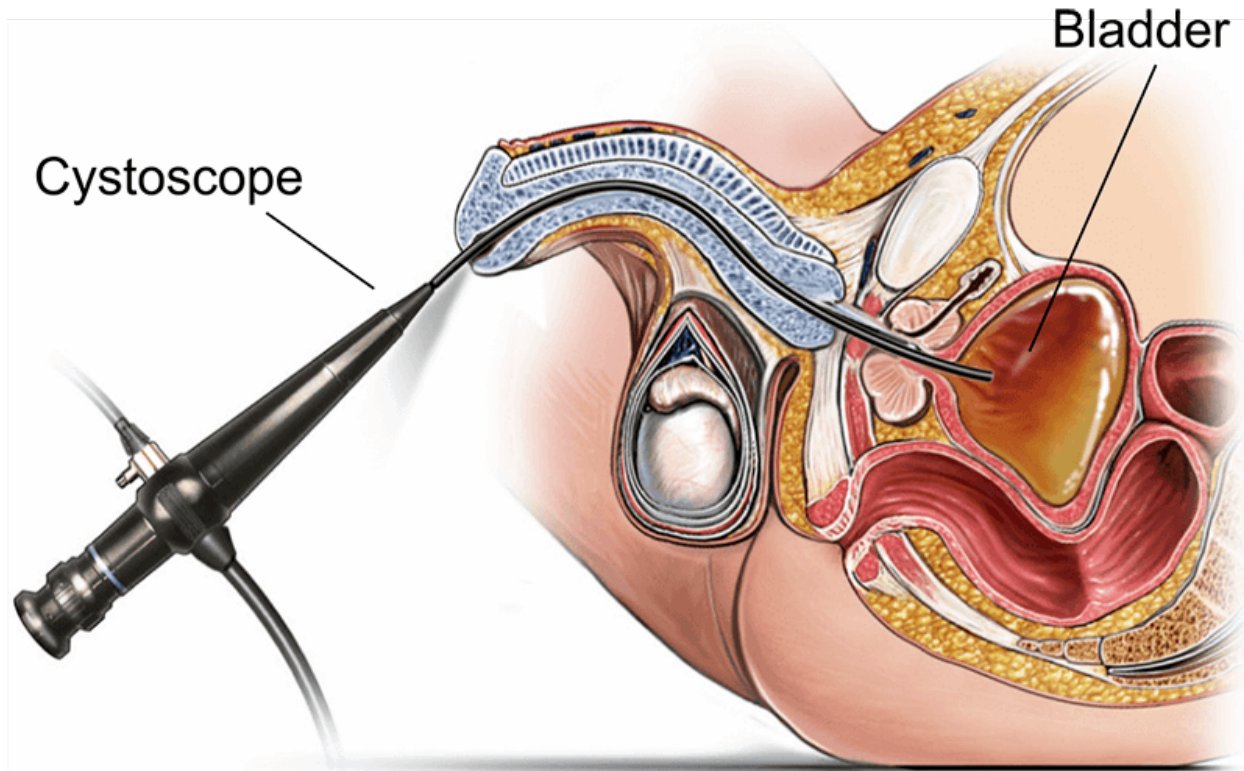


Flexible Cystoscopy

Flexible cystoscopy is a procedure that examines the inside of the bladder with a fibre-optic tube that can move around bends in the urinary system. It is about the thickness of a pencil and has a tiny video camera on one end, so the doctor can view and image your urinary system on a screen.

The big advantage of this method is that you don't require a general anaesthetic, and consequently it is not necessary to spend a day in hospital.



WHY IS IT DONE:

Some urinary symptoms, such as those outlined below, are due to problems in the bladder, prostate or urethra. Sometimes the only way your doctor can be sure of what's going on, is by having a look inside your bladder.

A cystoscopy can help to diagnose the causes of symptoms such as:

- Blood in your urine (haematuria)
- Frequent urinary tract infections
- Difficulty or pain when urinating (passing urine)
- Incontinence (inability to control when you urinate)
- Slow urine flow

RISKS:

A flexible cystoscopy is usually performed with no problems whatsoever. Possible side-effects are:

- Discomfort. You may feel a stinging sensation when you urinate, but this should only last a day or two. Taking your usual pain-relieving medicine as prescribed on the packet may help. If the pain is severe and lasts for more than two days, please contact our rooms.
- Bleeding. You may have a small amount of bleeding from the cystoscope being passed up the urethra. Some patients do not have any bleeding at all, but some find their urine is slightly pink for a few days after this procedure. Drinking plenty of water (two to three litres spaced out over 24 hours) can help to clear the urine. If your urine remains pink after a few days, please contact our rooms.
- Infection. A urine infection can cause a fever and pain when you pass urine. The risk of this can be reduced by drinking plenty of water after your procedure.

BEFORE THE SURGERY:

NO fasting is required as the procedure is performed under local anaesthetic.

You won't need to stop any of your regular medication, unless specified by Dr Cozzi.

If you are having this procedure in our rooms, you will be booked as a normal appointment. No preparation is required unless you are having a flow test on the same day (you will be given the instructions when they book your appointment).

If you are having this procedure in a private hospital. The nurses will contact you the day prior to let you know your admission time.

DURING SURGERY:

A single dose antibiotic will be administered by nursing staff. Please inform the nurse if you have any allergies.

You will be asked to lie down on your back and the opening of the urethra and surrounding area will be cleaned.

Some 'jelly' containing anaesthetic will be put in the urethra. This reduces the discomfort when the cystoscope is inserted into the urethra.

When the cystoscope has been gently introduced, Dr Cozzi will insert sterile water to be able to see the lining of your bladder. It will make your bladder feel full, so you will feel like you need to urinate. This may feel a little uncomfortable.

The procedure will take about five minutes. When Dr Cozzi has finished the examination, he will gently remove the cystoscope.

Once you are discharged, you will be contacted by one of our nurses to book your appointment for the results.

If you had the procedure in our rooms you will see Dr Cozzi on the same day to discuss any findings.

AFTER SURGERY:

You may experience some blood in the urine for 12-24hrs.

You may have burning or stinging when you pass urine. We advise you take Ural 3-4 times a day for 7-10 days.

You will be able to return to your normal activities the same day as the procedure. You will be able to take a bath or shower and eat and drink normally. You should drink plenty of water (at least two litres per day) to flush out any infection and clear up any bleeding.

It is a requirement that you have a working thermometer to monitor your temperature and call the rooms if at all concerned.