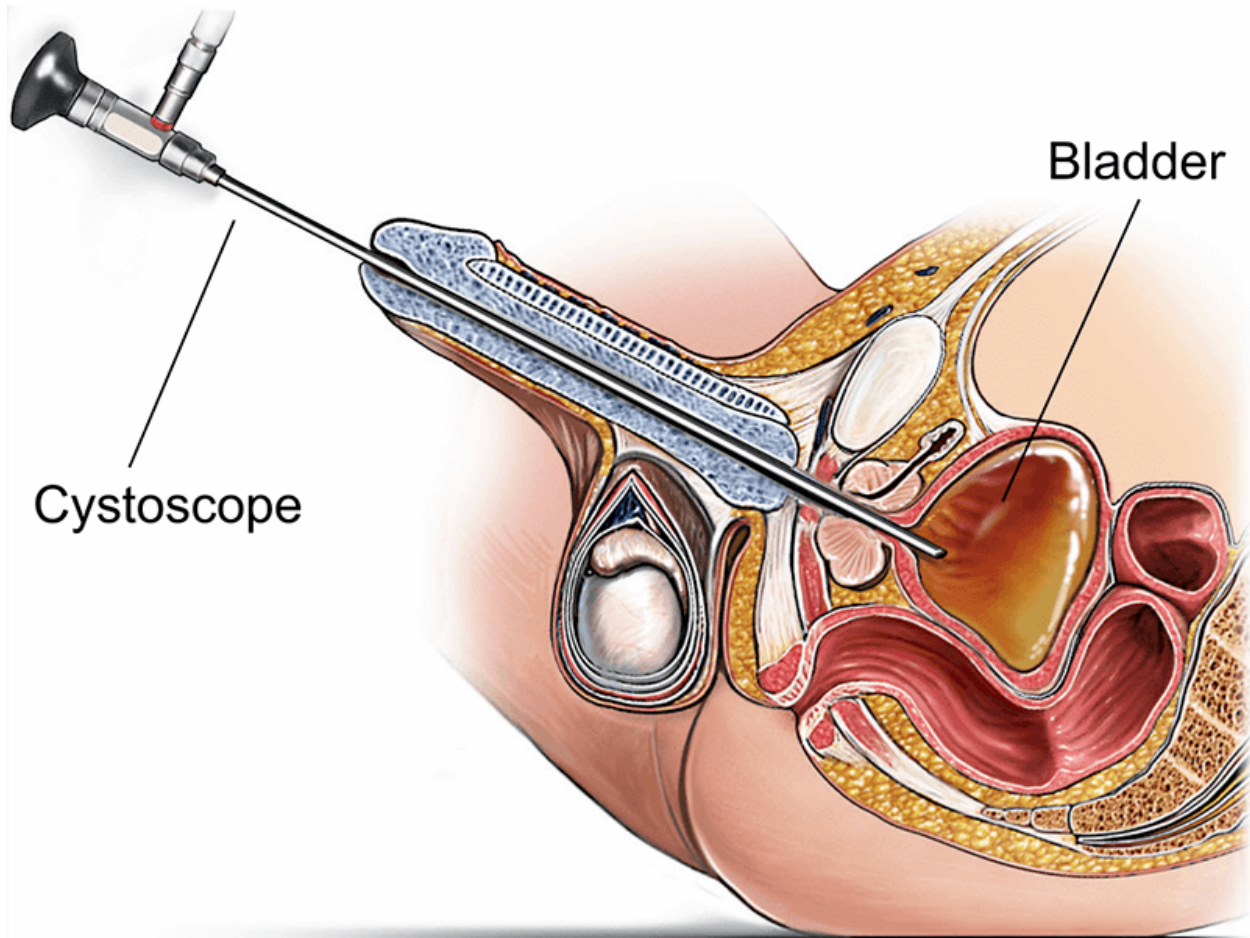


Cystoscopy

Cystoscopy is a procedure that examines the inside of the bladder with a rigid telescope. 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.



This procedure involves a general anaesthetic and it can be done as an outpatient, meaning, you don't have to stay in hospital overnight.

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 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:

You must completely fast for at least 6hrs (this includes food or drinks of any kind).

You will be contacted by one of our nurses the day before your procedure to inform your admission and fasting times.

Please bring all your regular medications to the hospital so the nurses can administer them.

You should inform the doctor or nurse if you take Warfarin, Aspirin, Plavix, anti-inflammatories, fish oil, krill oil, Omega 3 supplements or similar drugs as it is necessary to stop these 4-7 days prior to procedure.

DURING SURGERY:

The procedure is done under general anaesthetic. This will make you sleep so you will not feel any pain or discomfort.

When the cystoscope has been passed into your bladder, the doctor may insert sterile water to help see the lining of your bladder.

Your doctor might take tissue samples for lab testing, or perform various other procedures during the cystoscopy.

When the doctor has finished the examination, which generally takes about five to ten minutes, the cystoscope will be gently removed. You will be taken to the recovery unit, where you will stay until you wake up from the anaesthetic.

Most patients can go home the same evening, as long as they are able to pass urine and their doctor feels they are well enough to go home. However, you may need to stay overnight if you have had a biopsy or required a catheter. If you are well enough to leave hospital on the day of surgery you will need somebody to collect you.

AFTER SURGERY:

If your procedure was performed as day surgery, please ensure you have a carer at home for the first 24 hours.

You may experience some blood in the urine for a few days, especially if you had a biopsy. You should drink plenty of water (at least two litres per day) to flush out any infection and clear up any bleeding.

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

The anaesthetic will take 24 to 48 hours to wear off, although you do not need to stay in bed for this time. Gently moving around your home will help. You will be able to return to your normal activities after 24hrs from your procedure.

One of our practice nurses will call you the day after to book your follow up appointment for the results.

Call our rooms if you have:

- Fever
- Difficulty urinating
- Prolonged or heavy bleeding
- Pain that gets worse

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