

PATIENT INFORMATION - FLEXIBLE CYSTOSCOPY

A cystoscope is a thin, fibreoptic tube that has a light and camera at one end. It is inserted into the urethra (the tube that carries urine out of the body) and moved up into the bladder. This enables the urologist to view the inside lining of the bladder to check for abnormalities

PRIOR TO PROCEDURE:

No special preparation by you is required. There is **no** need to fast from food or drink.

DURING THE PROCEDURE:

A nurse is present to assist the urologist in performing cystoscopy. Local anaesthetic jelly is inserted into the outer opening (urethra). There are NO needles involved and you shouldn't feel any serious pain. Sterile water flows in to the bladder during the cystoscopy to allow a better view of the bladder walls – you may become aware that your bladder is filling. A small tissue sample (biopsy) may be taken.

The camera relays images to a screen and can be viewed by you if you choose. The examination only takes a few minutes and you will be able to dress and go to the toilet as normal. You will be able to drive yourself home.

FOLLOWING THE PROCEDURE:

The results of your flexible cystoscopy will be discussed with you immediately following your procedure, and any further follow up appointments and/or investigations will be arranged before you leave.

Following a flexible cystoscopy you may experience the following:

- Discomfort or a burning sensation when passing urine
- The urge to pass urine more frequently for a few days
- Blood staining in your urine – drink extra fluid until this clears
- To prevent infection, some patients may be prescribed an oral antibiotic. This is not required in all cases.

The following will help with the above symptoms:

- Taking Paracetamol (Panadol) if required
- Taking Citravescent or Ural sachets (Available from Pharmacies - take up to four sachets a day, each in a glass of water)
- Drinking extra fluids for the next 2-3 days.



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There is a small risk of developing a urinary tract infection (UTI) following a flexible cystoscopy. **If you have a raised temperature, pain or persistent burning/bleeding, please contact Goldfields Urology on 03 5441 3130 (After hours 03 9387 1000).**