

# Cystoscopy



## **Who is this leaflet for?**

Your consultant has recommended that you have an internal examination of your bladder. This is called a cystoscopy. This leaflet aims to answer some of the questions you may want to ask before the examination. It is intended as a guide and may not cover everything – if you want to know more, please ask.

## **What is a cystoscopy?**

When you have urinary problems, your doctor may use a cystoscope to see the inside of your bladder and the lower part of your urinary tract (urethra). The cystoscope is a thin tube with a light at the tip. It has lenses like a telescope or a microscope, which let the doctor look closely at the inside of the urinary tract up to the bladder.

## **Why do I need a cystoscopy?**

Your doctor may recommend this for any of the following conditions:

- frequent urinary tract infections
- blood in your urine
- unusual cells found in urine sample
- painful urination
- stone in your urinary tract
- unusual growth or polyp.

## **Where do I go for the cystoscopy?**

We will send you a letter giving details of the date, time and place of your procedure.

## **Will I be put to sleep for cystoscopy?**

You do not need a general anaesthetic for cystoscopy. The urethra needs to be prepared with anaesthetic jelly, which is instilled gently from a tube or syringe. The jelly numbs the urethra and lubricates it.

## **Is there anything I need to do before the cystoscopy?**

No special preparation is needed. On the day of investigation, you can eat and drink as normal. Once the investigation has been done, you can leave the unit.

## **What happens when I arrive?**

You will need to book in at the reception where they will check your details. The nurse will ask you a few simple questions about your health. Usually you would have signed a consent form in the clinic. If not, then one of the doctors will go through it with you.

You must tell the nurse if you have ever had any heart surgery, hip replacements, metal clips or any other foreign bodies inside your body as we may need to give you special antibiotics to stop you from getting an infection after the procedure.

Please bring along any tablets or medicines that you are taking.

We will take you to the changing room and ask you to change into a hospital gown. If you have any worries or questions at this stage, do not be afraid to ask. We want you to be as relaxed as possible and will not mind answering your questions.

## **What does the cystoscopy involve?**

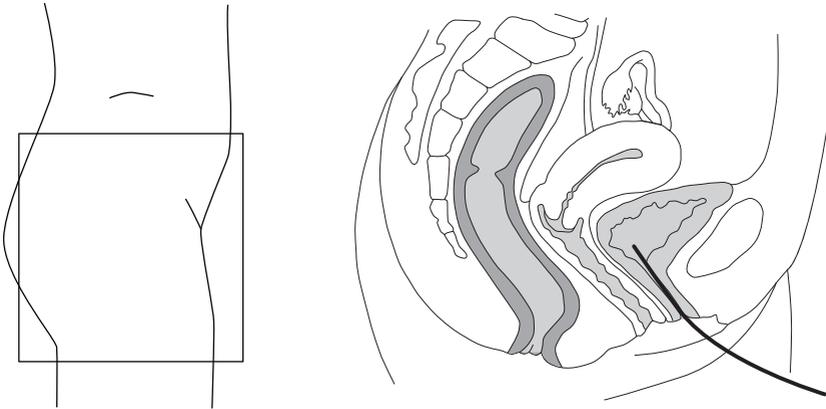
The doctor who is carrying out the procedure will meet you before you go in for the procedure. The anaesthetic jelly is instilled into your urethra. Then gently the tip of the cystoscope is inserted into your urethra and slowly moved up into your bladder.

You will be encouraged to relax your pelvic muscles to make this part of the test easier. A sterile liquid will flow through the cystoscope to fill your bladder slowly and to stretch it so that the doctor has a better view of the bladder wall. You may feel some discomfort and urge to urinate. You will be able to empty your bladder as soon as the test is over.

## **Are there any risks or complications?**

- Most patients have no trouble following a cystoscopy.
- You may find it useful to drink plenty of clear fluids to keep your urine watery and dilute - this will reduce any stinging. You also need to empty your bladder regularly.

- You may have some bleeding from your urethra, especially if a biopsy specimen has been taken. This will settle down on its own. However, if bleeding persists, please contact your GP.
- An occasional problem following cystoscopy is water infection. If you have a temperature, pain, persistent burning or bleeding, contact your GP, or out of hours contact 111.



### **How long will I be in the hospital?**

You will be able to go home the same day.

### **When will I know the results?**

The doctor will explain the findings to you during the procedure. If a biopsy has been taken, you will need to wait for an outpatient clinic appointment to be sent to you through the post.

### **When can I resume normal activities?**

You can resume your normal daily activities like walking, exercise, work etc from the very same day.

### **Contact us**

If you have any questions, please phone 01872 250000 (RCHT switchboard) and ask for your consultant's secretary.

## **Your questions or comments**

If you have a problem when in hospital that the staff are unable to resolve, you can contact the Patient Advice and Liaison Service (PALS) who will be happy to help you.

PALS offers assistance, advice and support for patients and their families. The service can help if you have concerns or worries about treatment or care. PALS may also be able to provide further information about tests and procedures. They also have a library of voluntary and support agencies.

## **Data protection**

During your visit you will be asked for some personal details. This is kept confidential and used to plan your care. It will only be used by staff who need to see it because they are involved in your care and we may send details to your GP.

Information about you may be used for audit purposes and shared within the NHS. Your consent is required for this which you have a legal right to refuse.

## **Smoking**

RCHT is a no smoking hospital. If you would like help to stop smoking before you come into the hospital. Visitors must not smoke at all in the hospital or in hospital grounds.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

