



INFORMATION SHEET

Flexible Cystoscopy

A flexible cystoscopy is an examination of the bladder using a flexible fibre-optic telescope. This enables the doctor to examine the urethra and bladder without a general anaesthetic. It is a simple, quick and painless procedure.

This examination is useful for finding out what is causing symptoms such as blood in the urine or difficulties with urination, and a check-up for certain bladder conditions. It allows visualization of areas that tend not to show up on x-rays or ultrasounds. Biopsies (small tissue samples) or other minor procedures may be undertaken at the time of cystoscopy, after discussion between you and your doctor.

Allow a total appointment time of 45 minutes, but the procedure itself normally takes 5-10 minutes. Biopsies may take a little longer.

Before the Procedure

No special preparation is required for the procedure. You may eat and drink as normal.

You have been given the necessary theatre pre-admission documentation to be returned in the enclosed envelope prior to the procedure.

If you require time off work for this procedure, please discuss this with your doctor.

Keep taking your usual medications.

During the Procedure

You will be escorted to theatre, asked to change and to empty your bladder.

You will be asked to lie on the examination table, the nurse will explain the procedure and be in attendance throughout the procedure.

The area will be cleaned with an antiseptic solution.

Sterile drapes will be placed to guard against infection.

Local anaesthetic jelly will be used to make the procedure more comfortable.

The cystoscope will gently be passed into your urethra and bladder.

The bladder will slowly be filled with sterile water to make the whole lining of the bladder visible.

The doctor will explain the procedure again as he examines your bladder.

After The Procedure

The results will be discussed with you.

You will be able to dress and probably need to empty your bladder

A sick certificate and follow-up appointment will be arranged if necessary

You should be able to resume normal activities the next day.

A courtesy call may be made as part of our quality control program in approximately 7 days.

Post-operative and Discharge Planning

In the event of an emergency please contact the practice on 8223 1472 between 9.00 a.m.-5.00 p.m. or telephone your doctor after hours (the number is in the telephone book).

After the procedure you may experience:

- The passing of blood stained urine
- Frequency, urgency and burning when passing urine, this should settle within 24 hours.

You should drink extra water over the next 24 hours and take Ural sachets (from the chemist) eight hourly if discomfort persists.

If the symptoms do not settle within 24 hours, or occur thereafter, please telephone the practice to speak to your doctor or the nurse.

RISKS AND COMPLICATIONS

Flexible cystoscopy is a safe and commonly performed procedure. Side effects are generally mild and short-lived.

Difficulties passing urine – it is common to notice mild frequency, urgency and burning when passing urine, which should settle in 24-48 hours. Drinking extra water can help this. Ural sachets (from the Chemist) taken 8 hourly can help.

Passing blood in the urine – should also settle in 24-48 hours. Important to drink water as mentioned above. More likely to occur if a biopsy is taken.

Urinary Infection – occurs rarely and should be suspected if difficulties passing urine do not settle. May require treatment with antibiotics.

Unsuccessful procedure – rarely it may be difficult to visualize the bladder and the cystoscopy will need to be repeated.