

# Having an in-patient cystoscopy

Department of Urology

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Information for patients

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## What is a cystoscopy?

A cystoscopy is an investigation which allows the surgeon to look at the inside of your bladder.

After discussion with your doctor, it has been agreed that you should have a cystoscopy to aid diagnosis of a problem within your bladder.

## How is a cystoscopy performed?

The surgeon passes a small telescope along the urethra into your bladder (see diagram) on page 2). There will be no cuts or stitches involved. The cystoscopy will take place under a general anaesthetic (whilst you are asleep).

## What happens before my cystoscopy?

You may be sent an appointment to come into hospital for a pre-assessment visit.

This is to allow the nurses to complete your admission forms. Depending on your general health and age, you may have various investigations carried out. These will be discussed with you first, and may include ECG (heart tracing), X-rays and blood tests.

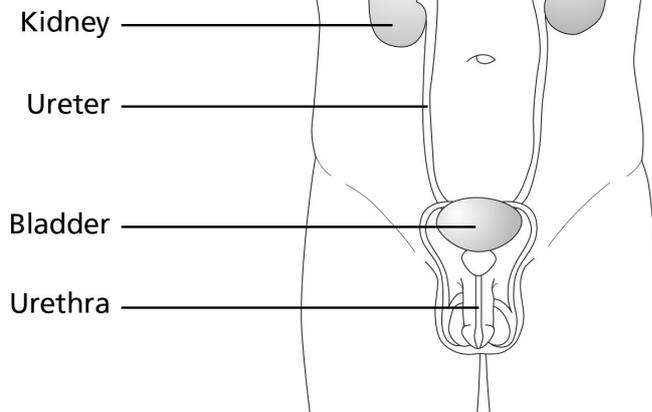
You will be advised about the consent form that you will be required to sign when you come in on the day of surgery. This is also a good time for you to ask questions about the procedures, the staff and the unit.

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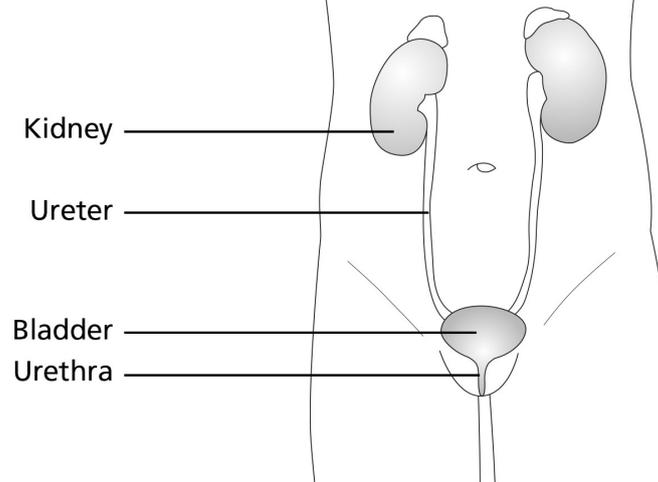
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### Male Urinary Tract



### Female Urinary Tract



Please tell us if you think you may be pregnant

## What are the risks involved?

As with all operations, there are associated risks. These include:

- **Haematuria** (blood in the urine), which may happen after the cystoscopy. This is normal and should settle within a day or two.
- **Urine infection** - you may be sent home with a course of antibiotics as a precaution against this risk.
- **Retention** - inability to pass urine after the procedure. If you are unable to pass urine after the cystoscopy, you will have to stay in hospital overnight, or until you pass urine.
- **Damage to the urethra** causing a narrowing of the tube where the urine comes out - this is very rare.
- **Perforation of the bladder** - this is extremely rare. In the unlikely event of this happening, you will be kept in hospital and the consultant will review you on the ward.

**You will have time to discuss all these risks with the doctors and nursing staff before you consent to having a cystoscopy.**

## Who are the staff looking after me?

- Medical staff - you will be under the care of a consultant and members of their medical team.
- Nursing staff
- Ward clerks
- Ward housekeeper

## How long will I be in hospital?

You may be in hospital overnight but this will depend on your recovery.

## How will I feel after my cystoscopy?

You will feel tired for at least 24 hours.

When you first pass urine, you may notice some stinging or blood in your urine. This should normally pass after a day or so. If this continues, see your GP.

It is best to drink plenty of fluids, at least 2-3 litres (4-5 pints) in the first 24 hours. This will make you go to the toilet a lot, flushing your bladder regularly.

## Advice for when you go home

**Pain** - any discomfort after the cystoscopy can be controlled with simple painkillers. If you are unsure, use the contact numbers on the back of this booklet for advice.

**Diet** - you can eat and drink as normal straight away, but avoid alcohol for the first 24 hours.

**Medication** - if you are given antibiotics it is important to finish the course in order for them to be effective. Please let us know if you have any allergies or if you are taking the oral contraceptive pill.

**Work** - Depending on your job, you should be able to go back to work within a day or two.

**Sex** - you can resume sexual activity as soon as you feel comfortable.

**Do not drive** for at least 48 hours.

**Driving under the influence of anaesthetic drugs might be considered a criminal offence and could affect your insurance cover.**

## What happens next?

The answer to this question depends upon the result of the cystoscopy and any other investigations you may have had. These results will allow the ward team to advise you about any necessary further tests, treatment or appointments and when you should expect these.

**If you have any concerns or questions contact us directly on the following telephone number:**

**Ward 28 / 29**

**Telephone: 0116 258 4247 (24 hours)**

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