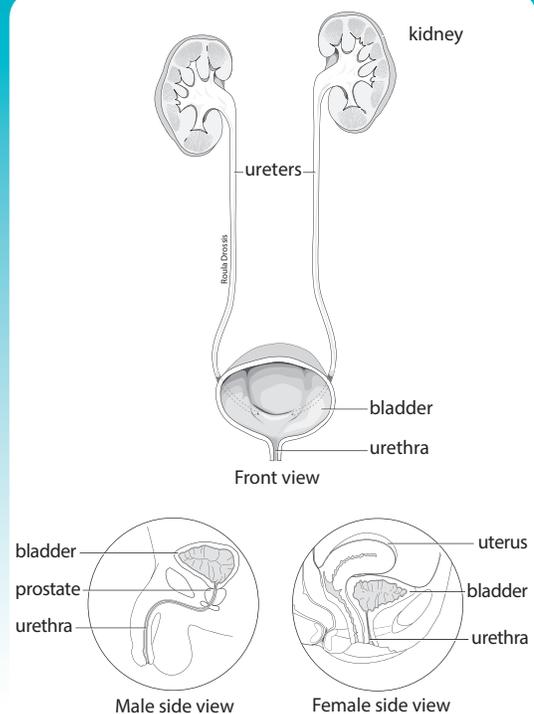# Cystoscopy

Cystoscopy lets your urologist see into your bladder and its opening to examine and treat different problems that affect the urinary tract.

What is cystoscopy?

- If it is necessary to see inside your bladder and urinary tract, your urologist will do an examination called cystoscopy.

- Your urinary tract is the system that removes urine from your body. (See diagram *The male and female urinary tracts*)

- A tool like a small camera on a thin tube (called a cystoscope) is used to see inside your bladder and the urinary tract.

Cystoscope

- Cystoscopy can be done in your urologist's office or in hospital

- You will be told where the exam will be done, the date and time.

- You will need to plan for a ride home if you have a general anesthetic. (See section *What happens after cystoscopy?*)

What happens before the cystoscopy?

- On the day of your examination, you may be asked to undress and put on a hospital gown.

- You will be asked a few questions and be told about the examination.

- When all is ready, you will be taken to a room to lie down on a special bed.

- Your legs may be lifted and put into stirrups.

- For the cystoscopy, everything is thoroughly cleaned to stop any bacteria from getting into the bladder and causing infection.

- Before the examination begins, a sterilized mixture is used to clean the genital area, which is then covered with a sterilzed sheet.

The male and female urinary tracts

kidney

ureters

Roula Drosis

bladder

urethra

Front view

bladder

prostate

urethra

uterus

bladder

urethra

Male side view

Female side view

- During the cystoscopy, although you will be awake and may feel something, any discomfort should be manageable.

- Your anesthesiologist will explain your options:
  - A "local" anesthetic ("freezing jelly") is put into your urethra to numb its lining – most often used in simple cystoscopies
  - A light sedation (feeling very relaxed but awake)
  - general anesthetic (being "put to sleep")

- If extra tests are planned for the cystoscopy, your urologist may recommend either light sedation or general anesthetic.

- For a general anesthetic, you will be asked not to eat or drink anything for a few hours before your procedure.

Cystoscopy

What occurs during the cystoscopy?

- The cystoscope is passed through the urethra into the bladder (See diagram *The male and female urinary tracts*).

- It is important that you are relaxed during the examination.

- The bladder is filled with sterile water.

- Special lenses on the cystoscope are used to look at every part of the bladder's lining. The prostate and urethra might be included. (See diagram *The male and female urinary tracts*)

- The whole examination usually takes only a few minutes.

- You should be able to get back to your activities right away unless you had a general anesthetic.

- If you had a general anesthetic
  – You will have to wait before going home until the anesthetic has worn off.
  – You will need a ride home.
  – You should be able to get back to your activities by the next day.

What happens after cystoscopy?

- For a few days after cystoscopy, you may:
  – Feel burning when you urinate
  – See blood in the urine

- These symptoms disappear more quickly if you drink plenty of fluids (water as much as you can) and empty your bladder often.

- Your urologist will talk with you immediately after your cystoscopy about what was found.

- If needed, you may be prescribed medication after your cystoscopy.

- Later, you may need to make an appointment to:
  – Review all your results
  – Plan for more tests or treatments if needed

Notes / Diagrams:

Your cystoscopy appointment has been scheduled for:

Day:_____

Date:_____

Time:_____

Location: _____

_____

_____

Notes: _____

_____

_____

_____

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