

FLEXIBLE CYSTOSCOPY

AN INFORMATION LEAFLET

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Tameside: 0161 922 6696/6698

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What Is A Flexible Cystoscopy?

This procedure involves a flexible cystoscope (fibre-optic camera which is flexible enough to be directed around the bladder) being inserted into the bladder via the urethra (tube leading from the bladder which carries urine to the outside of the body). It allows the doctor or specialist nurse to look at the inside of the bladder and urethra in order to check for any abnormalities.

A flexible cystoscopy may be performed under a local anaesthetic (numbing gel inserted into the urethra) as an outpatient and takes about 5 to 10 minutes.

Sterile fluid is run through the cystoscope to stretch out the folds within the bladder lining in order to obtain a good view of the whole of the bladder.

It may be necessary for men to try to pass urine when the cystoscope reaches the sphincter (muscle) within the urethra as this allows the instrument to be passed more easily. No urine will actually come out while the cystoscope is in the urethra, but there may be some stinging for a moment as the sphincter opens.

What Are The Benefits?

The procedure enables views of your bladder to help obtain a diagnosis for symptoms you may have experienced (e.g. pain passing urine or bladder pain, recurrent urinary infections, blood in the urine, changes in the stream as you pass urine) or to check on the condition of your bladder following surgery, or to determine whether or not you have a recurrence of bladder cancer.

A flexible cystoscopy does not require admission to hospital as it is performed under local anaesthetic.

The doctor or nurse performing the procedure is able to tell you the results of the examination straight away.

Are There Any Risks Involved?

- You may feel some discomfort during the procedure, but it should not be painful.
- Bleeding – It is usual to see blood when you pass urine, but this should subside within 2 days.
- Pain passing urine – You may notice a mild burning sensation when you pass urine for about 1 to 2 days. Drinking extra fluids should help to reduce this.
- Frequency and urgency – You may feel an urgent need to pass urine after the procedure, which is normal and is due to irritation from the insertion of the cystoscope.
- Infection – It is normal to have some discomfort on passing urine immediately after the procedure. If this lasts for more than 1 to 2 days or you feel feverish and/or generally unwell, you may have an infection requiring antibiotics. Please see your GP urgently in this case.
- Injury to the urethra – very rarely a stricture (narrowing) may occur due to the formation of scar tissue within the urethra
- Further investigation, treatment or surgery may be required if an abnormality is found on looking inside the bladder.

Before the Procedure

Please ensure that your bladder is comfortably full when you arrive because it is likely that we will need to obtain a urine specimen from you before the procedure.

Please telephone your local Urology department prior to your appointment if you have or have had any of the following, as it may be necessary for you to have antibiotics 1 hour before the procedure can be carried out;

- Heart valve replacement
- Rheumatic fever
- Endocarditis (inflammation of the heart)
- A heart condition for which you have been advised to take antibiotics before procedures (for example dental treatment).

What Are The Alternatives?

A cystoscopy under general anaesthetic (when you are completely asleep) can be performed, but this will require admission to Stepping Hill hospital.

What Happens To Me When I Arrive At The Department?

You will be met by a member of the nursing staff who will explain the procedure to you and ask you to provide a sample of urine.

You will be asked some questions to ensure your safety throughout the procedure and to ensure your understanding of the flexible cystoscopy.

You will be escorted to a changing cubicle, and asked to remove your clothes from the waist down and change into a hospital gown to protect your clothes during the procedure.

On The Day of the Procedure

You may eat, drink and take your usual medication as normal before your appointment.

What Happens After The Procedure?

There will be no need to rest after the flexible cystoscopy and you will be able to drive home.

We would advise you to drink twice as much fluid as usual for the first 1 to 2 days after the procedure.

Discharge Arrangements

You will be notified of any further follow-up or treatment required before going home and any necessary appointments will be given to you or sent via a letter to your home address.

Other Treatments or Procedures Which May Be Performed at the Time of a Flexible Cystoscopy

Urethral dilatation

A urethral dilatation involves slight stretching of the urethra via the insertion of instruments of increasing size.

This is done for a narrowed urethra, which may have caused symptoms such as recurrent urine infections, reduced urinary flow or difficulty completely emptying your bladder.

Preparations, recovery time, risks and discharge arrangements are no different from having a flexible cystoscopy only, although it may be necessary for the procedure to be repeated in the future due to recurrence of the narrowing and subsequent symptoms.

Ureteric Stent Removal

A ureteric stent removal involves a 'grabbing' instrument being inserted into the bladder via the cystoscope which then takes hold of the stent (which has usually been left in place following surgery) and pulls it out.

Preparations, length of procedure, risks and discharge arrangements are no different from having a flexible cystoscopy only, although it may be necessary to have an x-ray prior to the stent's removal.

Cystodiathermy

This procedure is used to treat small, recurrent, cancerous bladder tumours. It involves the 'burning away' of tumours using a special probe which passes an electrical current through the cystoscope.

The preparation prior to the procedure will require a safety-checklist, removal of all metal jewellery, external prosthesis and clothing, and the placing of a sticky pad on your thigh.

You may experience slight discomfort as the diathermy treatment is given and there may be an increased amount of blood in the urine than if a flexible cystoscopy alone had been performed.

The discharge arrangements are the same as having a flexible cystoscopy only, although you will require continued monitoring of your bladder cancer. A follow-up appointment for a further cystoscopy will be given to you or sent via a letter to your home address.

If there is a Problem?

If you experience any problems following the procedure, please contact your GP or your local urology department within office hours for advice.

Other Useful Contacts or Information

If you have any questions you want to ask, you can use this space below to make notes to remind you.

Source

In compiling this information leaflet, a number of recognised professional bodies have been used, including the British Association of Urological Surgeons. Accredited good practice guidelines have been used.

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Health Information Centre on 0161 922 5332

If you would like any further information please telephone the Urology Nurse Specialists at your local Urology Department on:

Stepping Hill	0161 419 5695
Tameside	0161 922 6696/6698
Macclesfield	01625 661517

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