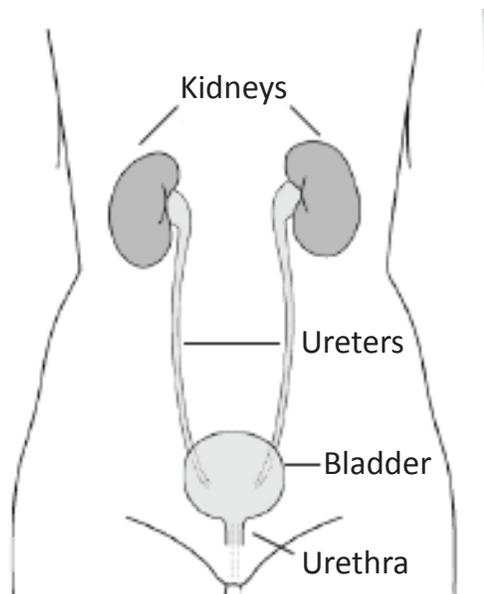


Cystoscopy

To understand a cystoscopy, it is helpful to know about the urinary system (Figure 1). The system's main purpose is to remove urinary waste products from your body. Urine is made by the kidneys, moves through the ureters and is stored in the bladder. The bladder is a balloon-like organ that stores urine. The urethra is the tube that carries urine from the bladder out of your body.

If you have any questions or concerns, please ask your physician or nurse.

Figure 1. Urinary system



A cystoscopy is a procedure that lets your physician look at the inside of your urethra and bladder. The physician passes a telescope-like instrument known as a cystoscope through your urethra into your bladder.

During the procedure, your physician may also do the following, as needed:

- Remove stones from your bladder or ureters
- Place or remove a ureteral stent
- Insert medication into your bladder
- Remove small pieces of tissue for testing (biopsy) from your urinary tract

The physician does a cystoscopy in their office or in the hospital's operating room (OR). Your physician will talk with you about the option that is best for you.

Preparation and procedure

If you have the procedure in the OR, the physician will ask you to sign a written consent form. They will explain the OR procedure and any special preparation you may need.

There may be some discomfort during the procedure. Some patients may need sedation or anesthesia. Depending on the type of medication you may get for your procedure, you may need to stop eating and drinking before your procedure.

Before the procedure, you will change into a hospital gown. The care team will help you lie on the examination table. They will cover you with a drape, raise your knees and position your legs apart. They will wash your urethral opening and genital area, and then cover the area with towels.

The physician will put anesthetic jelly on your urethral opening to numb the area. They will put the cystoscope through your urethra and into your bladder. Sterile fluid will flow through the cystoscope to expand your bladder. This lets the physician look at areas of your bladder and urethra.

After the procedure

After the procedure, the physician will remove the cystoscope. Sometimes, they may leave a catheter (flexible rubber tube) in place to empty your bladder. This may cause some discomfort or a feeling that you need to urinate. If you have a catheter, your physician will let you know how long the catheter will stay in.

If you have the cystoscopy in the OR under anesthesia, you may need to go to the recovery room for at least 1 hour. You will then go back to your hospital room or go to the Same-Day Surgery Unit.

Cystoscopy results are available soon after the procedure. Biopsy results usually take 2 to 4 days. Your physician will talk with you about the results. Before you go home, the care team will give you instructions for follow-up care.

Symptoms

You may have bloody urine for 2 to 3 days. Call your physician if the amount of bleeding increases or does not lessen. You may pass blood clots in your urine, especially if you had a biopsy. It is not unusual to pass small blood clots and have some bloody urine for a couple of weeks after your cystoscopy. Again, call your physician if the bleeding does not subside.

You may have these symptoms:

- Dysuria (painful urination)
- Frequency (urinating often)
- Urgency (feeling like you need to urinate right away)

These symptoms are common, especially if the physician put medication into your bladder or put in a ureteral stent. Do not drink alcohol and caffeine products, such as coffee, tea and chocolate, to help relieve these symptoms. Drink plenty of water unless you are told otherwise. Your physician may also prescribe an antibiotic or other medications, as needed.

Special instructions

Remember to follow these guidelines as you recover at home:

- If you are going home with a catheter in place or a ureteral stent, do not take a tub bath until the physician removes the catheter or stent.
- Drink plenty of water. Aim for 6 to 8 (8-ounce) glasses over the first 24 hours.
- You may go back to your normal activities.
- Do not drive or operate machinery if you are taking narcotic pain medication.
- Be sure to keep all follow-up appointments with your physician.

When to call your physician

Call your physician if you have any of these issues:

- The catheter is not draining fluid.
- You have severe pain.
- You are unable to urinate (and do not have a catheter).
- You have a temperature more than 101 degrees F and/or chills.
- You have increasing blood in your urine.

If you have any questions or concerns, talk with your physician or nurse.