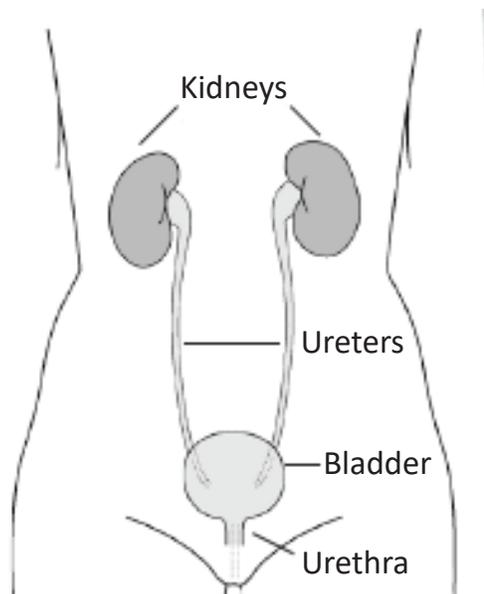


Cystoscopy

To understand a cystoscopy, it is helpful to become familiar with the urinary system (Figure 1). The system's main purpose is to remove urinary waste products from your body. Urine is produced 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 allows your physician to look at the inside of your urethra and bladder. A telescope-like instrument called a cystoscope is passed 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

A cystoscopy may be done in a physician's office or in the hospital's operating room (OR). Your physician will discuss which option is best for you.

Preparation and procedure

If the test is done in the OR, you will be asked to sign a written consent. The OR procedure and any special preparation will be explained to you.

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

Before the procedure, you will change into a hospital gown and be asked to lie on the examination table. You will be covered with a drape with your knees elevated and your legs apart. Your urethral opening and genital area will be washed and covered with towels.

Anesthetic jelly will be applied to your urethral opening to numb the area. The cystoscope will be inserted through your urethra and into your bladder. Sterile fluid will flow through the cystoscope to expand your bladder, allowing your physician to study specific areas of your bladder and urethra.

After the procedure

After the procedure, the cystoscope will be removed. A catheter (flexible rubber tube) is sometimes left 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 decide how long the catheter will be left in place.

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

Cystoscopy results are available soon after the procedure. Biopsy results usually take 2 to 4 days. Your physician will discuss the results with you. Before you go home, you will be given specific guidelines 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 subside. 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 (strong desire to urinate)

These symptoms are common, especially if medication is inserted into your bladder or a ureteral stent is placed. Avoid alcohol and sources of caffeine, such as coffee, tea and chocolate, to help relieve these symptoms. Drink plenty of water unless instructed 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 catheter or stent is removed by your physician.
- Drink plenty of water. Aim for 6 to 8 (8-ounce) glasses over the first 24 hours.
- You may resume 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.