

Having a cystoscopy

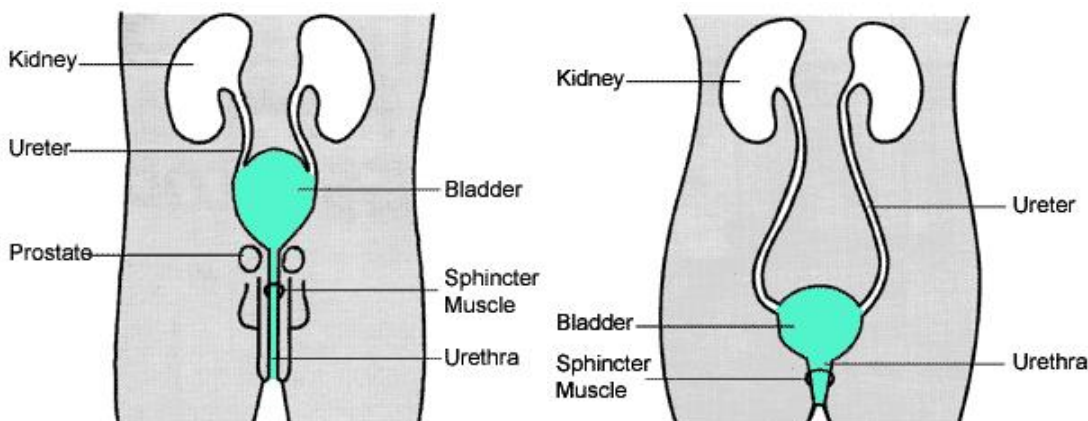
Department of Urology

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

Why is a cystoscopy needed?

Some urinary symptoms are caused by problems in the bladder and urethra (water pipe). The cause of these may be clear from x-rays, blood and urine tests. However, sometimes the only way your doctor can be sure what is going on is to look inside.



What does it involve?

A cystoscopy is a quick and simple examination of the bladder using a miniature telescope called a cystoscope. The tube through which you pass urine (urethra) is also examined, so the term cystourethroscopy is also used for this procedure.

The cystoscope can also be used for taking samples (biopsies) from the lining of the bladder, removing a stent from your ureter (the tube between your kidney and bladder) and injecting Botox into the wall of your bladder using this technique.

When you come to the department, your clinician will discuss the test with you. This is to ensure that you understand what the test involves. If you have any questions or worries, don't be afraid to ask.

Where is it done?

Cystoscopy is performed either in Outpatient Area D (Urology Investigation Unit), Level 2 or Gemini Endoscopy Unit, Level 0 at North Devon District Hospital, Barnstaple.

Special precautions

No special precautions are needed at all. On the day of the examination, you can drink as normal and can have a light meal.

If you have any allergies or have had any bad reactions to drugs or other tests, please tell the nurse or doctor on admission.

What to bring

Please bring

- A list of or any tablets or medicines you are taking, including supplements and herbal remedies
- Your reading glasses and wear your hearing aids
- **A fresh sample of urine, in a white topped universal container obtainable from your GP surgery or pharmacy.**

What will happen during the test?

You will be asked to empty your bladder. On arrival in the treatment room you will meet the consultant, doctor or specialist nurse performing the cystoscopy, who will then explain the procedure.

You will then be asked to lie flat on a trolley and made as comfortable as possible. For women this means lying in the lithotomy position (the same as having a smear). The clinician will then use a local anaesthetic jelly to ease the passing of the tip of the scope into the urethra (water pipe).

Men may be asked to try to pass urine when the instrument reaches the prostate gland. This will relax the sphincter muscle so the cystoscope can pass through more easily. This may sting a little.

Throughout the cystoscopy sterile water will be passed into the bladder to allow full view of the lining of the bladder wall. This will give you a 'full' sensation and the desire to pass urine.

If you are having a stent removal, we can remove it using a stent grasper passed through the cystoscope.

The examination usually takes about 5 to 10 minutes. After this, a member of the team will be able to explain any findings and any further treatments or investigations.

What should I expect after the test?

After the test you will feel the need to pass urine and so will be taken straight to the toilet.

You will be able to go home and no need to rest afterwards.

What are the possible complications?

Most patients have no trouble or problems after their flexible cystoscopy.

You may have a mild burning pain on passing urine for a day or two. Drinking extra water can help with this. If a sample of tissue has been taken, you may have some slight bleeding but this is quite common.

An occasional problem after cystoscopy is infection.

If you have a temperature, pain, persistent burning sensation, bleeding or problems passing urine, please contact your GP.

Test results

The results of your test will be explained to you and a copy of the report will be sent to your GP.

Further information

If you are not able to attend for your appointment, please contact the booking team on 01271 370244 as soon as possible, as we can offer your appointment to another patient.

Useful telephone numbers

- Gemini Endoscopy Suite 01271 349180
- Mr Ong's secretary 01271 311662
- Mr Elhowairis's secretary 01271 322739
- Mr Misra's secretary 01271 314129
- Mr Evans secretary 01271313939
- Mr Alostas's secretary 01271311662
- Urology nurse specialist 01271 311877

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

Royal Devon University Healthcare NHS Foundation Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.royaldevon.nhs.uk

© Royal Devon University Healthcare NHS Foundation Trust
This leaflet was designed by the Communications Department.
www.royaldevon.nhs.uk/get-in-touch