

Flexible Cystoscopy

Wonford Endoscopy Unit
Area N Level 2

Before you Arrive

Your admission date is given in the accompanying letter, please arrive at the time indicated.

You should allow at least a morning or an afternoon to be at the hospital. *Please take any tablets you usually have to take.*

Please bring the following:

- Specimen of urine.
- A list of tablets/medication you are taking.
- Emergency contact telephone number.
- Something to keep you occupied, like a book.

Do not bring anything valuable with you as the hospital accepts no responsibility for loss of property.

Arriving at the Hospital, please come to the main entrance and follow the signs to the Endoscopy Unit, Area N, Level 2.

- Some parking is available; please bring some loose change as the Hospital operates a pay and display system. Alternatively, there is a Park and Ride scheme in operation (please ask a member of staff for a leaflet).
- Following your procedure, you should be able to drive yourself home, though you may feel you would prefer to be driven. If this is the case, please make your own arrangements for the day.

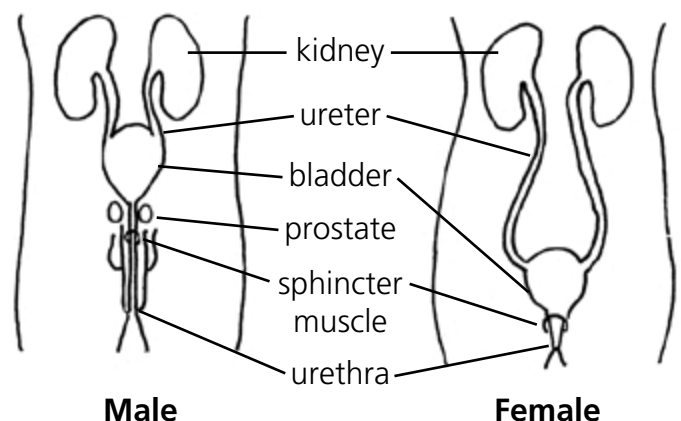
Flexible Cystoscopy

Flexible Cystoscopy is usually performed in the Endoscopy Unit within an operating theatre environment.

The cystoscope (an instrument which looks into the bladder) is a miniature flexible telescope which is passed through the urethra to enable the doctor to examine the bladder.

This examination is performed with the patient lying in a comfortable position. The doctor/nurse will clean the area with a mild disinfectant. Some local anaesthetic lubricating jelly will be applied to the telescope on insertion.

Sometimes, the image is displayed on a TV screen. You may experience slight discomfort during the procedure, which usually passes quickly. It may be necessary for us to take a small piece of suspicious tissue (biopsy) at this time to be sent away for microscopic analysis. However, if more treatment is required, you will be given another appointment to come back in the future.



Eating & Drinking

On the day of your investigation, you may eat, drink and take medications as normal.

On Admission

Prior to your procedure, a nurse will discuss with you:

- Information to prepare you for the procedure.
- After-effects you might experience following your discharge from hospital.

Pre-Procedure:

Prior to procedure, the Urology Endoscopist will undertake a brief health history review.

You will also be asked to remove your lower garments and you will be blanketed with a sterile drape.

After Effects of Flexible Cystoscopy

- Discomfort: You may experience a mild burning on passing urine over the next 24-36 hours - taking a mild pain reliever such as paracetamol may be beneficial.
- It is essential to increase your fluid intake to reduce risk of infection (approximately 2 litres of water or squash plus normal intake of tea and coffee over the next few days). *Reminder: For those who have oral fluid intake limit secondary to renal condition, please do not drink above the allowable 24-hours oral fluid intake limit.*
- A little bleeding is common, particularly if a biopsy has been taken.

Contact your GP if you have:

- Clots of blood in your urine which do not clear over 24-hours.
- An inability to pass urine.
- Uncontrolled pain.
- Persistent burning or bleeding.
- Raised temperature.

If you have any queries, please contact the Endoscopy Waiting List Co-ordinator on: **01392 402797**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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