

Following your Flexible Cystoscopy

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@nhs.net.

What will happen after my test?

During the flexible cystoscopy, we may take some biopsies. These will be sent to the laboratory to be analysed by a pathologist. The results will either be sent to your GP or you will have an appointment in outpatients to discuss the results with a hospital doctor.

When can I eat and drink again?

Following the cystoscopy it is very important that you drink well for at least three days. This is to make sure that the urinary system is well flushed and discourages an infection. You can eat and drink as normal, unless we give you specific instructions. Normal food can be taken after the examination, though you may prefer light meals initially.

When I am at home, what if I feel unwell after the procedure?

Most people find it uncomfortable to pass urine after a cystoscopy. This is improved by drinking water for a few days. Simple pain relief, such as Paracetamol, may be taken.

After the procedure you may or may not encounter any of the following conditions:

Bleeding: during your procedure, you may have had some biopsies taken or some polyps removed. It is not unusual to pass a small amount of blood after the procedure.

- If the urine is pink, that is alright.
- If the urine is dark red, and then turns pink, that is alright.
- If the urine is dark red every time you pass urine for two days showing no sign of improvement, then please contact your doctor.
- If the urine is dark red and worsening with clots, then please see your doctor for immediate advice and admission.
- **If you are unable to pass urine at all, call your doctor. If you are unable to see a doctor immediately, you must attend the nearest Accident and Emergency Department for treatment.**

Fever: a temperature greater than 38 degrees is a sign that you could have developed an infection after your procedure. This is extremely rare but you should seek immediate medical advice for treatment.

However, if these conditions become excessive, persistent and or are accompanied by pain, please call for advice on the telephone numbers below.

Medications

You may resume normal medications after your flexible cystoscopy, unless advised otherwise.

When will I get the results?

The doctor or the nurse specialist should have already explained to you about the results.

A nurse will speak to you before you leave the Gemini Endoscopy Suite and explain:

- What was seen and done during your procedure
- Whether you will need any further follow up
- That a copy of your report will be sent to your GP today and any results should be with your GP within 2-4 weeks

What if I need further advice and assistance?

Please do not hesitate to contact us if you are worried about any symptoms you experience after your procedure.

- In normal working hours Monday to Friday 8am to 6.30pm, telephone the Gemini Endoscopy Suite on 01271 349180
- Outside these hours, contact your GP surgery or if in an emergency, come to the North Devon District Hospital A&E
- Alternatively, telephone NHS Direct on 111

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@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 or freephone 0800 122 3135.

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