

UrologyWest

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INFORMATION LEAFLET: CYSTOSCOPY

This information leaflet is designed to help you understand what procedure you will be undergoing when admitted to the hospital. Your surgeon has recommended that you undergo a cystoscopy (a look inside the bladder). In the **male** this allows your surgeon look at the urethra, the water passage to check that there is no narrowing or stricture, to observe the prostate to determine its size, shape, structure and form and to look inside the bladder to determine whether there are any lesions in the bladder, whether there are any stones in the bladder, what the inner lining of the bladder looks like and to see if there have been any changes in the bladder muscle wall related to back pressure from an enlarged prostate or other causes.

In a **female** patient a cystoscopy allows your surgeon assess the urethra (the water passage), whether there has been any changes in the urethra which may be leading to stress or urge urinary incontinence or whether there are any lesions in the bladder that could be giving rise to some of your symptoms.

GENERAL ANAESTHETIC

Your surgeon has decided that your cystoscopy will take place under general anaesthetic. This will require that you fast for at least 6 hours prior to the procedure. It will be performed as a day case and you should not have to stay a night in hospital. When you arrive at the hospital, you will check in. You will be taken to a dedicated bed by the nurse who will perform a set of observations. You will then be seen by your surgeon who will ask you to sign a consent form. You will then be taken to the pre-anaesthetic room of the theatre on a trolley. An Anaesthetist will administer some light general anaesthetic sedation and the procedure will be undertaken. Afterwards you will be taken back to the ward where you will be given some tea.

LOCAL ANAESTHETIC

Your surgeon has decided that your cystoscopy should be performed under local anaesthetic. This will take place in either the main theatre of the hospital or the endoscopy suite. You will be admitted to the Day Ward and asked to change into a gown and taken on a trolley into a room where the procedure will take place. The genital area will be sterilised with antiseptic solution and a drape will be placed over the lower half of the body to keep the area as sterile as possible. A local anaesthetic jelly will be passed into the water passage prior to any instrumentation. This local anaesthetic jelly helps numb the water passage to relieve any pain or discomfort during the procedure. A small telescope about the size of a very thin straw will be passed into the water passage which will allow your surgeon have a detailed look at the urethra, prostate (male) and the bladder in both male and female. The procedure should take approximately 10-15 minutes. Occasionally you will require some antibiotic cover.

The majority of patients will notice some slight stinging or burning for the first one or two occasions after passing urine. It is rare to get a urinary tract infection from such a procedure as all instruments are sterilised. However, patient with a history of urinary tract infections, diabetes or other potential medical problems may well be administered an antibiotic for 2/3 days at the discretion of your surgeon. Occasionally, patient may pass blood in the urine for a day or two after the procedure. If this bleeding is mild and there are no clots there is certainly nothing to be concerned about. Within 48 hours you should have no further symptoms.

If a patient suffers persistent stinging or burning associated with a temperature or a fever they should contact their GP immediately and may well require a course of antibiotics. If you notice heavy bleeding with clots, again please contact your GP and very rarely a patient will have to be readmitted to hospital. If this is out of hours you will most probably be required to be admitted to University College Hospital, Galway and in that case your GP could contact the On Call Urology Registrar at (091) 524222.

I hope that this allows you to understand fully the process.