

# Cystoscopy

## What is a cystoscopy?

Cystoscopy is an examination that allows the inside of your bladder to be viewed by your doctor. An instrument called a cystoscope which includes a lens with a fibre-optic light is inserted through the urethra (the tube that drains your bladder).

During the procedure your bladder is filled with normal saline, emptied and refilled to enable the doctor to view the bladder wall. During this procedure photos of your bladder will be taken. The following procedures may be performed at the same time:

### 1. CYSTODISTENSION

If you suffer from frequency, small bladder volumes or urge incontinence a cystodistension (bladder stretch) will be performed at the same time. This is where the doctor will, by using normal saline, fill the bladder to approximately 500-ml. This is to increase the bladder capacity and enable you to hold larger volumes.

### 2. BLADDER BIOPSY

During the cystoscopy a biopsy from the bladder wall may be taken. This is where a small piece of tissue is removed and sent to the pathologist for examination to establish an accurate diagnosis so the best treatment plan for your condition can be determined.

### 3. URETHRAL DILATATION

This is to stretch your urethra (the tube that drains your bladder). This will enable you to pass urine more efficiently.

This procedure can be performed under a light general or local anaesthetic. Any concerns or issues concerning your anaesthetic must be discussed with your anaesthetist.

The procedure takes between 5 – 10 minutes to perform and you are admitted as a day patient.

## What to Expect

- You may experience for up to 72 hours:
- Urinary frequency
- Dysuria – burning and stinging when you pass urine
- Haematuria (blood stained urine)
- If a bladder biopsy was performed you may experience pain or bladder discomfort, this should be controlled by panadol or panadeine and settle in 24 to 48hrs.

If these symptoms persist notify your doctor.

## After the Procedure

Remember to **rest**. If you are tired and uncomfortable you have been doing too much and need to slow down.

When emptying your bladder, sit on the toilet, feet flat and lean forwards.

Drink 6-8 glasses of fluid per day; limit your caffeinated drinks to 3 per day. Use Ural™ Sachets if required.

Before discharge, you will be given a follow up appointment in the clinic for 4-6 weeks.

**Contact your GP or Emergency Department if you experience any of the following:**

- pain not relieved by painkillers
- burning or difficulty passing urine
- large amounts of blood in urine
- smelly or offensive discharge
- fever or feeling unwell

**Your doctor will be happy to discuss any concerns that you may have regarding this procedure.**