

Flexible Cystoscopy

What is a flexible cystoscopy?

Cystoscopy is an examination that allows the inside of your bladder to be viewed by your doctor. An instrument called a flexible cystoscope, which includes a lens with a fibre-optic light and an attached camera head, is inserted through the urethra (the tube that drains your bladder). You are required to come in for the examination with a full bladder, so the entire bladder wall can be visualised. Alternatively, the bladder may be filled with normal saline to facilitate visualisation of the bladder and urethra. During this procedure photos of your bladder will be taken for clinical review. Additionally, 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. This involves the filling of the bladder with normal saline to 500ml, to increase the bladder capacity and enable you to hold larger volumes.

2. URETHRAL DILATATION:

This is to stretch your urethra (the tube that drains your bladder). This may prove necessary if any difficulty is encountered during the passage of the cystoscope.

Flexible cystoscopy is performed under a local anaesthetic. The procedure takes between 5 – 10 minutes to perform and you are admitted as a day patient.

What to Expect

You may experience the following symptoms 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 responsive to Panadol or Panadeine and settle in 24 to 48hrs.

After the Surgery

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

Tips for Success

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.

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

- pain not relieved by painkillers
- burning or difficulty passing urine
- smelly or offensive vaginal discharge
- fever or feeling unwell

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

I have read this information leaflet and understand its contents.

Signed: _____

Name: _____

Date: _____

PLEASE BRING THIS DOCUMENT WITH YOU AT THE TIME OF ADMISSION FOR YOUR OPERATION