

Having a Cystoscopy

Cystoscopy

This involves looking into the bladder with a mini telescope called a cystoscope. The procedure takes approximately 10-15 minutes.

Procedure

This procedure is carried out under a general anaesthetic or a local anaesthetic.

The surgeon may take a bladder biopsy to help make the diagnosis and decide if further treatment is required.

If a biopsy is taken you will be informed of the result either by letter or at a follow up appointment.

A cystoscopy is carried out as a day case procedure so you can go home on the same day, unless it is being performed along with another operation.

Following your operation

Take things easy on the day of your operation and you may resume normal activities as you feel able. If you have a general anaesthetic you are not able to drive for 48 hours. You will need someone to take you home and stay with you for 24 hours.

Pain and discomfort

Discomfort may be experienced for 24-36 hours but should be minimal. Mild pain killers such as Paracetamol or Ibuprofen will be sufficient and can be bought at the chemist.

Fluids

When passing urine for the first time, this can often sting. To reduce this effect, it is important to have a good intake of fluids to 'flush' your system through. Continue to drink plenty for the next few days - 4 pints of water plus your normal tea, coffee or other drinks.

Refrain from sexual activities until bleeding or discharge and discomfort has eased.

Hygiene

It is essential to keep the area clean but if you have had a general anaesthetic avoid bathing or showering on the day of your operation, in case you feel faint. You may bathe the day after your operation.

Are there any risks involved?

- **Bleeding** – you may see blood stained urine at first, particularly if a biopsy has been taken, but this should subside within five days.
- **Frequency and urgency** – you may feel an urgent need to pass urine after the procedure, which is normal and is due to irritation from the insertion of the cystoscope.
- **Infection** – if the discomfort on passing urine lasts for more than one to two days or if you feel feverish and/or generally unwell, you may have an infection requiring antibiotics.
- (Rarely) **injury** to the urethra causing scar formation.

Contact your GP if any of the following symptoms occur as they may indicate infection:

- Increasing pain.
- Temperature or fever.
- Offensive, cloudy urine.
- Heavily blood stained urine or passing clots of blood.
- You are not able to pass urine at all.

Do contact the following numbers if you have any questions or worries about your treatment.

Wynard Day Case Unit.....01392 406550

Wynard Ward01392 406512

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