

Cystoscopy

What is a cystoscopy?

Cystoscopy is the name for a procedure allowing a doctor to look into your bladder and urethra with a special telescope called a cystoscope. **This can be done under local or general anaesthesia.**

When you have a bladder problem, your doctor may use a cystoscope to see inside your bladder and urethra. The urethra is the tube that carries urine from the bladder to the outside of the body.



Why is a cystoscopy performed?

To help with diagnosis. A cystoscopy may be done to help to find the cause of symptoms such as:

- Frequent bladder infections.
- Blood in the urine (haematuria).
- Unusual cells found in a urine sample.
- Pain in the bladder, urethra or during urination.
- During a surgical procedure such as a hysterectomy or incontinence tape procedure, to ensure there has been no damage to the bladder, the urethra or the ureters (the tubes that carry urine from the kidneys to the bladder).

Preparation for the test

The procedure can be undertaken in the Outpatients Department with a local anaesthetic, in this case you can eat and drink as normal before the test. If you are due to attend the Day Treatment Unit, please follow the instructions provided, you may have to refrain from eating and drinking for up to six hours prior to your cystoscopy.

Since any medical procedure has a small risk of injury, you will be asked to sign a consent form before the test; do not hesitate to ask the doctor about any concerns you might have. Generally you are advised to take all your normal medications prior to surgery but do check this with your doctor. You **will** be asked to give a urine sample before the test to check for infection, **please** avoid urinating for one hour before the test.

About the test

The **procedure** may be performed under a general or local anaesthesia; your doctor will inform you of this before the surgery.

On average, the test will take 15 to 20 minutes to complete.

You will be asked to change into a hospital gown for the procedure, and the lower part of your body will then be covered with a sterile drape. In most cases you will lie on your back with your knees raised and apart. The area around your urethra will be cleaned and numbing jelly (local anaesthesia) may be applied to the urethra.

The doctor will then gently insert the cystoscope into your bladder. The doctor will fill your bladder with a sterile liquid to allow a good view of the bladder wall. Sometimes, small samples (biopsies) from the lining of your bladder may need to be taken at the same time. Once the procedure is over, the doctor will usually empty your bladder again.

Are there any risks?

The risks of complications with this procedure are low, they include:

- Urinary tract infection
- Bleeding
- Injury to the bladder or urethra

There are also small individual risks involved if you have a general anaesthetic.

What to expect afterwards?

You may have some temporary mild burning feeling when you urinate, and you may see small amounts of blood in your urine. A warm bath or the application of a warm damp washcloth over your urethral opening may relieve the burning feeling. These problems should not last longer than 24 hours. Tell your doctor if bleeding or pain is severe or if problems last longer than a couple of days.

There is a small risk of developing urinary tract infection after the test. It is advisable to drink extra fluid after the procedure, about 3 litres of water evenly spaced over the next 24 hours. Your doctor may give you an antibiotic to take to prevent an infection.

You should normally be well enough to return to work the day after your cystoscopy, but ask your anaesthetist if you are safe to drive or operate machinery if you have had general anaesthesia.

If you need to change or cancel your appointment

For appointments at Peterborough City Hospital and Stamford Hospital please contact the theatre booking team on 01733 673768 or 3769.

For appointments at Hinchinbrooke Hospital please contact 01480 442871.

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