

Cystoscopy

It is important to read these instructions after scheduling your cystoscopy. Please review the **Pre-Procedure instructions** in this booklet for important information regarding any medications required for your procedure.

Your cystoscopy is scheduled at:
Procedural Services
Altru Professional Center
4440 South Washington Street (*enter Door 13*)
Grand Forks, ND

Appointment Date: _____

Arrival Time: _____

701.780.6427



Pre-Procedure Instructions

- There is no special prep for this exam unless discussed with you by your provider.
- You may eat and drink normally.
- You may take all medications as directed.
- You may drive yourself home after the procedure.
- You will be awake during the procedure, a local pain numbing medication will be used for comfort.

What is a cystoscopy?

A cystoscopy is a procedure used to diagnose or treat problems of the urinary tract. It is an examination of the inside lining of the bladder and the urethra (the tube in which urine passes from the bladder to outside the body). This procedure is most often done in a clinic outpatient area with local anesthetic (you are awake).

What problems are investigated by cystoscopy?

- » Inability to urinate or empty the bladder
- » Blood in the urine
- » Persistent pain when urinating
- » Difficulty urinating
- » Urgency and increased frequency of urination
- » Repeated urinary infections
- » Abnormal findings on imaging of the bladder or urethra

How is a cystoscopy done?

You will be positioned either flat on your back (for men) OR with your knees bent and your feet supported in stirrups (for women). Your genital area will be cleaned with antiseptic and you will be draped with a sterile sheet. After the anesthetic has been given, the doctor will gently insert the cystoscope. A cystoscope is a lighted tube that is inserted up the urethra into the bladder. When the scope is in your bladder, sterile water is inserted into your bladder to expand it and provide a clear view of the urethra and bladder lining. When the examination is completed, the scope and water are removed. The procedure takes between 5 and 20 minutes depending on what is done during the cystoscopy.

How will I feel during a cystoscopy?

When a local anesthetic is used, you may feel a pressure or burning sensation or an urge to pass urine, as the cystoscope is inserted. Also, when the sterile water is added to your bladder, you may feel a cool sensation and uncomfortable fullness. You can help relieve these symptoms by taking slow deep breaths and trying to relax during the procedure.

What kinds of procedures can be done during a cystoscopy?

Besides examination, small bladder stones or tumors can be removed, small tissue samples and special x-rays can be taken, and a urinary stent can be inserted or removed.

At times, a prostate ultrasound may be ordered in addition to your cystoscopy.

How an ultrasound is done

The ultrasound test is simple and is done by your provider. It usually takes about 15 minutes to complete. You will be asked to use an enema before your procedure to clear your rectum.

Creating the Image

You will lie on your left side with your knees bent towards your chest. A tubelike probe, about the size of the thumb, will be gently inserted in the rectum. The probe emits sound waves, creating an image of your prostate on a video screen. Your provider views the image, looking at the size and structure of your prostate.

DISCHARGE INFORMATION

Length of Stay

When a local anesthetic is used you may drive yourself home immediately following the procedure.

Pain

You may take warm tub baths if you are unable to urinate or feel very uncomfortable. A warm tub bath can relieve pain, relax your muscles, and may help you to urinate. You may take acetaminophen (for example, Tylenol) for any discomfort.

Medication

You may be given a prescription for antibiotics to help prevent infection. If so, take this medication as directed until completed.

Diet

Drink at least 8 to 10 glasses of fluid a day. Water and other clear liquids are especially good.

Activity

You may resume your regular activities as you feel able.

What to expect after a cystoscopy?

There are often very few symptoms after a cystoscopy; however, there *can* be:

- » A strong urge to pass urine right after the procedure is finished
- » A burning sensation when passing urine (during and after)
- » Possible increase in frequency of voiding (passing urine)
- » Urine with a pinkish-tinge (should clear in 2-3 days)
- » A small amount of bright bleeding the first time you void

These symptoms can often be relieved by drinking 8 to 10 glasses of fluid a day. If any of these symptoms lasts longer than 2 or 3 days, call the provider who did the procedure.

Warning signs

Call the provider who did your procedure if you have any of the following problems:

- » Sudden chills or shaking
 - » Fever (temperature over 38°C or 100.4°F)
 - » Urinating very frequently, unable to urinate, or unable to empty your bladder
 - » Cloudy or foul-smelling urine
 - » Severe pain in abdomen or groin area
 - » Bright bleeding in the urine that lasts more than 2 to 3 days
 - » Increasing number or size of blood clots after the procedure
 - » A burning sensation when urinating that lasts longer than 48 hours
- **If you have any questions, concerns or warning signs, please call the urology clinic at 701.780.6427 and speak with the nurse. M-F 8a-5p.**
 - **If it is after clinic hours, you please call 701.780.5000 and ask to speak to the on-call urologist.**
 - **If unable to reach the nurse or provider, please go to the Emergency Room for further evaluation.**

Follow-up

Call your provider's office to arrange a follow-up visit, if required.

You are encouraged to discuss any questions or concerns with your provider.

