

What is a flexible cystoscopy?

Passing of a Cystoscope (telescope) through the urethra (water pipe) into the bladder. This allows the doctor/nurse to have a look inside your bladder and urethra.

What are the benefits of having this operation?

To detect any abnormalities within the urethra or bladder.

What will happen when I have the flexible cystoscopy?

You will be asked to give a urine sample to check you do not have an infection in your urine. If you have an infection the flexible cystoscopy will not be done on this day. The doctor may give you antibiotics and ask you to come 2 weeks later to have the flexible cystoscopy.

If your urine is clear, you will be asked to change into a gown and lie on a couch. A nurse will clean around the opening of the water pipe with antiseptic. The doctor/nurse will then pass the cystoscope into your urethra to the bladder. You may feel a strange sensation and a little discomfort from this. Men may find it uncomfortable as the camera passes into the bladder, this discomfort should pass once the cystoscope is in the bladder. Pushing down as if you were passing urine can make passing this area less uncomfortable.

Water will be run through the cystoscope into your bladder as this helps give a better view of the bladder. You may feel you want to pass urine as your bladder fills. If this becomes uncomfortable please let the nurse/doctor know and the water can be stopped. If at any time you feel uncomfortable please let us know.

How long will the test take?

About 5 minutes.

Will the doctor/nurse tell me the results straight away?

Yes. The doctor/nurse will explain their initial findings and if anything further needs to be done.

Are there any risks?

Common Bleeding or mild burning when passing urine for a short period after the cystoscopy.

Occasional Urine infection requiring antibiotic treatment.

Rare Bleeding requiring removal of clots or further surgery.
Injury to the water pipe (urethra) causing scarring later.
Temporary insertion of a catheter (tube placed into the bladder).

What are the alternatives?

Cystoscopy under general anaesthetic as a diagnostic test is rarely done, but in certain circumstances may be requested.

Discharge Information

- You may see blood in your urine, this is normal and should clear after 1-2 days.
- It may burn or sting when you pass urine afterwards, this should get better over the day.
- If you develop a temperature, your urine is smelly/cloudy and burns when you pass urine, you may have a urine infection. You should contact your GP as you may need a course of antibiotics.
- You can eat and drink normally. You should try to drink at least 1.5-2 litres of fluid during the day after your cystoscopy, unless you have been told by a doctor to restrict your fluid intake. This will help reduce your risk of infection.
- You can drive and return to work after your test should you wish to.
- You can resume sexual activity as soon as you feel comfortable to do so.

If you have any questions or concerns, please find below contact numbers for the Urology wards and Urology nurses:-

Urology Wards:-

D 5 West:- 01633 – 234040 / 234041 (24 hours)

Urology Day Ward:-

Tel. No:- 01633 – 656378 / 656377 Monday – Friday office hours

Urology Outpatients Department:-

Tel. No:- 01633 – 234979
Monday – Friday office hours

Janet Marty, Uro-oncology Nurse Specialist:-
Tel. No:- 01633 – 656143
Monday – Friday office hours

Maureen Hunter and Laura Reynolds, Urology Nurse Practitioners:-
Tel. No:- 01633 – 234758
Monday – Friday office hours

Julie Simpson, Uro-oncology Nurse Specialist:-
Tel. No:- 01633-238976
Monday – Friday office hours

Sian Lewis, Uro-oncology Nurse Specialist:-
Tel. No:- 01633-238976

Stef Young, Pre-admission Nurse Practitioner:-
Tel. No:- 01633-234533
Monday – Friday office hours

Reference:

British Association of Urological Surgeons (2004) Procedure Specific Consent Forms for Urological Surgery

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**