

UROLOGY OUTPATIENTS DEPARTMENT  
LEVEL 2 SOUTH BLOCK  
ROYAL NEWCASTLE CENTRE

## FLEXIBLE CYSTOSCOPY

### What is a flexible cystoscopy?

A flexible cystoscopy is a short procedure where a small flexible tube (cystoscope) is passed into your bladder to allow the doctor to look inside your bladder and the tube leading to your bladder (urethra). It is used to help diagnose bladder problems.

YOU MAY EAT, DRINK AND TAKE YOUR MEDICATIONS AS NORMAL PRIOR TO THE TEST

### What to expect

When you arrive the nurse will ask you to pass urine, this will be tested for infection.

The nurse will take your blood pressure and pulse, check any allergies and ask you to change into a gown.

You will be awake for the procedure, a jelly is used to numb and lubricate the urethra to minimise any discomfort.

The cystoscope is attached to a video machine and once the cystoscope is in the bladder, the bladder is filled with fluid to allow the doctor to check your bladder.

After the procedure is finished the cystoscope is removed, you will be able to change and empty your bladder.

The doctor will let you know the results before going home.

### Most patients have no problems after a flexible cystoscopy

If you experience any of the following symptoms, they usually settle within 24 - 48 hours. Drinking at least 1.5 - 2 litres of water each day can help, and will also minimise the risk of infection.

- You may need to pass urine more often
- You may have blood in your urine, (pinkish colour) – THIS IS NORMAL
- You may have a mild burning sensation when passing urine, URAL powder dissolved in a glass of water and taken as instructed maybe helpful. URAL can be purchased from the chemist.

### Seek advice

If you feel pain or discomfort when passing urine for more than the first 48 hours or your urine smells offensive, you may have a urinary tract infection and need some antibiotics. Or if you develop a temperature, chills, sweats, pain, persistent burning or bleeding, contact your GP, urologist, urology clinic nurse or nearest emergency department.

**FOR MORE INFORMATION PLEASE PHONE THE CLINIC NURSE 49223332**