

Information

What is a Cystoscopy?

A Cystoscopy is the examination of the bladder using a cystoscope, a special telescope that enables the surgeon to look in the bladder and at the openings to the ureters (tubes going to the kidneys)

Types:

- **Flexible cystoscopy**
 - Uses a soft flexible cystoscope
 - not able to do biopsies
 - local anaesthetic, or light sedation
 - not necessary to cease anticoagulants
- **Rigid cystoscopy**
 - uses a rigid cystoscope
 - able to perform biopsies
 - may need to cease anticoagulants
 - general anaesthetic

What type of Anaesthetic?

Patients usually have a general anaesthetic for a Rigid Cystoscopy. Being asleep means you will feel no pain or discomfort during the procedure.

It is important to inform your doctor if you:

- Take blood thinners (Warfarin/ Aspirin)
- Have Blood clotting problems
- Are Pregnant, or could be pregnant

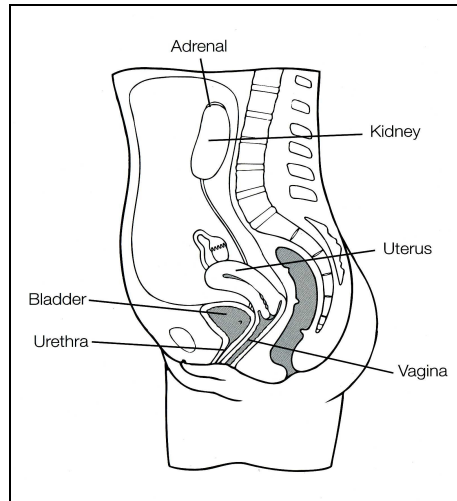


Figure 1 Female Anatomy

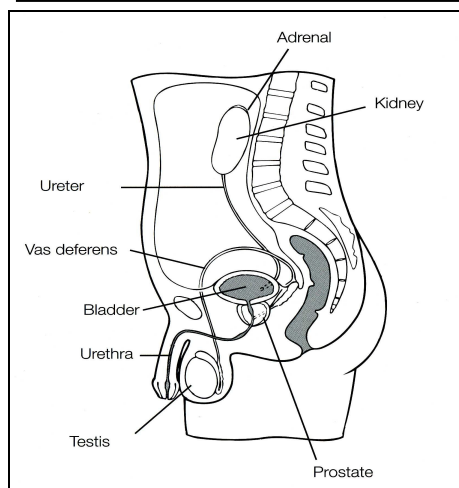


Figure 2 Male Anatomy

What does the Surgeon do?

After you have been given the anaesthetic/sedation, the surgeon will insert the cystoscope through the urethra and into the bladder where the bladder wall and openings to the ureters (tubes going to the kidneys) can be examined. Specimens of urine, bladder and ureters maybe taken at this time for pathology.

Are there any Complications?

As with any surgical procedure complications may occur. The major potential problems are post-operative pain, infection and bleeding.

What to expect after the Operation

- You will remain in recovery room until your condition is stable
- If you've had a rigid cystoscopy, you may have an IV drip in until you are eating and drinking
- Severe pain is not expected after this procedure but if you do experience any discomfort inform the nurse
- You may experience some discomfort, (burning, stinging, frequency and blood) when passing urine for 1-2 days

Recovery at Home

Medication

- Use pain medication if required

Activity

- driving can be resumed within 24 hours of an anaesthetic, but be wary of abrupt movement whilst driving
- Normal daily activities may be resumed on discharge.
- Sexual activity, lifting and sport may resume when you are comfortable

Diet

- Eat a normal diet
- Drink plenty of fluids if blood in urine

You should contact your doctor if you:-

- Pass bright red blood which does not clear
- Have fever, shivers, shakes
- Urine becomes cloudy, foul smelling
- Unable to pass urine

If you do pass blood in your urine:

- Rest
- Increase your fluid intake to flush out the blood (2 litres/day)

Contact your surgeon if:

- Blood in urine not settling after 24 hours
- Passing clots when urinating
- Unable to pass urine

Admission

* Hospital _____

* Date _____

* Time _____

ARE YOU HAVING A FLEXIBLE CYSTOSCOPY?
TAKE USUAL MEDICATION ON MORNING
OF SURGERY

ARE YOU HAVING A RIGID CYSTOSCOPY?
DO NOT TAKE ASPIRIN/WARFARIN/PERSANTIN
ONE WEEK PRIOR TO SURGERY
FASTING FOR AT LEAST 6 HOURS BEFORE SURGERY



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Patient Information Leaflet

**CYSTOSCOPY
AND/OR
BIOPSY**



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