

Cystoscopy: Patient Information

About Cystoscopy: Cystoscopy is a procedure that lets your doctor look inside of your urethra and bladder using a special camera called a cystoscope. Cystoscopy is a short procedure that can be done in the office with little pain. You will often be able to watch images on the screen while it is being done. It takes about 10 to 20 minutes to set up and 5 minutes to complete the procedure

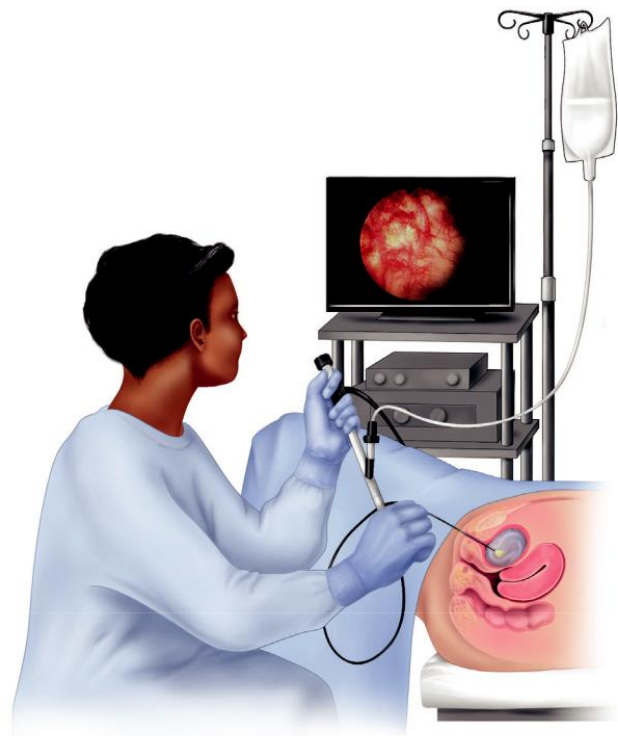
These are some of the reasons you may need a cystoscopy

- Bladder control problems such as urinary incontinence or overactive bladder
- Prior surgery near or involving the bladder
- Blood in the urine
- Unusual cells seen under the microscope in your urine sample
- Frequent urinary tract or bladder infections
- Pain in the bladder, urethra or pelvic area

The risks of cystoscopy are very low. Some women may develop a urinary tract infection afterwards, but this is unusual. Thus, antibiotics are not necessary before cystoscopy. Other risks include mild bleeding, discomfort or injury to the urethra.

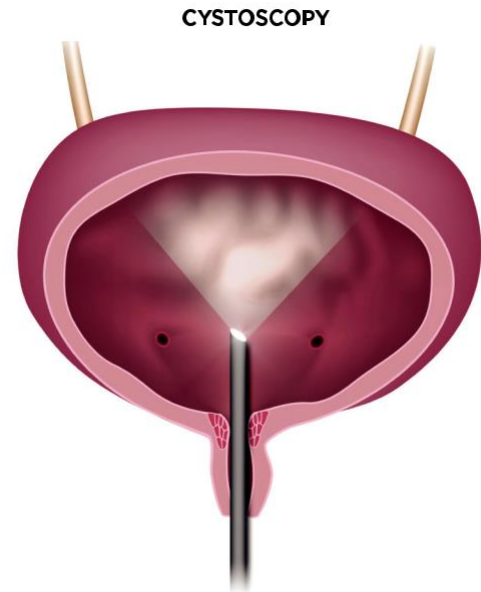
Before the Procedure:

- Cystoscopy is often done as an outpatient procedure in the office. Usually there are no restrictions on eating or drinking before the test. In fact, we would like you to drink a full glass of water or other fluid about 30 minutes before the procedure. You can drive yourself to and from your appointment, and even return to work afterwards.
- To see if you have a bladder infection, you will need to give a urine sample before your test. We ask that you leave a urine sample the week before the test. In addition, come to the procedure with a comfortably full bladder since we will ask you to provide a urine sample to check your urine again before the procedure.
- Typically, you do not need to stop taking any medications before the procedure. Please call our office if you have any specific questions.



During the Procedure:

- During the procedure you will get undressed from the waist down and will lie on the exam table with your knees raised and apart, like a typical gynecologic exam. A sheet will be placed on the lower part of your body. After cleaning the area around your urethra, a numbing jelly (local anesthetic) may be applied to the urethra. Next, the cystoscope will be inserted into the bladder.
- The cystoscope is a small metal tube containing a telescopic camera. It has side channels that allow the doctor to place special tools through it if additional procedures are planned. For example, the doctor can take a biopsy of bladder tissue or inject medications.
- Most women find cystoscopy to be an easy procedure. However, others feel discomfort after the cystoscope is inserted. Relaxing your pelvic floor muscles can help to reduce this sensation. You will likely be able to watch the procedure images on the screen if you like.
- To view the bladder wall, the bladder will likely be filled with water. This part of the test makes some women feel coolness and an urge to urinate. Once the procedure has finished, you'll be able to empty your bladder.



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After the Procedure:

- After the procedure you may feel mild burning when you urinate. There may be some small amounts of blood in your urine. This usually lasts for about one day. To help relieve the burning feeling, take a warm bath or apply a warm damp washcloth to your urethra area. If you need additional pain relief, you may purchase Pyridium®, which is an over the counter medication. This medication can be taken up to three times a day and may help alleviate any burning. This medication will turn your urine bright orange and may stain underwear so you may want to wear an absorbent pad.
- A small number of women develop a urinary tract infection (UTI) after the test. To help avoid getting a UTI, drink extra fluid after the test.
- Call our office if bleeding or pain lasts more than a few days. Also call our office if you have signs of a UTI such as pain when you urinate, smelly or cloudy urine, fever, or chills.
- Most women return to normal activities within a few hours or a day after cystoscopy.

Take Away Points

During cystoscopy, your doctor examines inside of the urethra and bladder using a small camera

Potential aftereffects include mild burning when you void and some blood in your urine. These symptoms usually go away within 2 hours