

Cystoscopy

Patient Information

A solid blue horizontal bar with rounded ends, containing the text 'Obstetrics and Gynaecology' in white.

Obstetrics and
Gynaecology

A solid blue curved shape, resembling a quarter of a circle, located at the bottom right of the page.

Even if your consultant has told you about your investigation, many of us do not take in everything mentioned in the clinic, so this booklet is to help you understand a little more about the investigation you are going to have.

As we are all different, it is not possible to personalise this information, so there may be differences between your individual case and the information given here.

If there is anything you are not clear about, you should ask your consultant or a member of his/her team (doctors or nursing staff) There are some phone numbers later in the booklet if you need to contact us.

Why do I need a cystoscopy?

This investigation is needed to try and find out what may be causing your symptoms, especially if they are causing disruption to your normal everyday life.

How is cystoscopy performed?

A cystoscope is passed through the urethra (water pipe) into the bladder. It is one of the most common investigations and is usually a simple procedure,

The cystoscope is a fine telescopic instrument which is connected to a camera and a television system so that the doctor (or nurse) can see the inside of the bladder and the urethra.

Some fluid is passed through the cystoscope to distend (open and widen) the bladder. Once distended, the shape and condition of the bladder wall can be seen.

Following the investigation, you may feel as though you want to pass urine, this is quite normal and will soon settle down.

Do I need any special preparation before cystoscopy?

If having general anaesthetic

If you are having the test under general anaesthetic (asleep) you will need to follow instructions given to you by the pre admission team regarding eating and drinking before your procedure. If you have any questions about this please contact them for further advice the contact details are at the end of this leaflet. Please arrange for someone to bring you and drive you home after the procedure.

If having local anaesthetic

If you are having the procedure under local anaesthetic (awake) please make sure you have eaten before coming for your appointment.

Using a cystoscope may cause some women slight discomfort so it is recommended you take simple painkillers such as paracetamol or ibuprofen one hour before your appointment.

Please arrange for someone to bring you and drive you home.

What will happen on the day?

If you are staying awake for your investigation, you will have been referred to the outpatient clinic held at the Friarage Hospital in Northallerton.

In that clinic, the doctors and nurses perform minor surgical procedures and investigations, avoiding the need for hospital admission and general anaesthetic.

You will be well supported by the staff in a relaxed and friendly environment and you are also welcome to bring a friend or relative with you. On arrival you will be seen by a member of the team. They will review your history, explain your procedure in detail and answer any questions that you may have. You will then be required to sign the consent form.

After this we will ask you to change ready for the treatment, you need only remove your lower clothing and a gown or sheet will be provided for your modesty. You will be asked to lie down on an examination couch and the treatment will be performed as described.

If you are having a general anaesthetic you will be admitted onto the surgical day unit. The staff will ask you to change into a gown and when it is time for your procedure they will show you where to go to have your anaesthetic. When you wake up you will be transferred back to the day unit. The staff will ensure you are pain free and let you know when you are ready to go home.

What happens when I go home?

You may have some discomfort for 24 hours so you may wish to take simple painkillers such as paracetamol to keep yourself comfortable

You can also expect to have some blood-stained urine for a day or so following the cystoscopy.

It is very important to drink extra fluids for the first 24 hours as the more fluid you drink the more comfortable you will feel.

Having this investigation under local anaesthetic should not affect your ability to drive, operate machinery or drink alcohol but we advise that you spend the remainder of the day quietly at home. If you are having a general anaesthetic you should not drive, operate machinery or drink for 24 hours.

You may have a bath or shower, as preferred, and as soon as you wish afterwards. There is no need to alter your normal hygienic procedures but it is advisable not to use talcum powder.

How will my care continue?

You will normally be given any results by telephone or letter, if you prefer we can arrange a further clinic appointment to discuss your results. Your GP will also be given a copy of your results.

If you have any of the following symptoms, you should contact your GP:

- Bleeding from the bladder, which is heavy and fresh, bright red or the passing of clots
- Pain which is severe and not controlled by your recommended painkillers
- Feeling unwell, hot and feverish

Your notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

We hope you have found this information helpful. Please remember our staff will be happy to answer any questions you have about any aspect of your care and welcome any comments about this leaflet.

The Friarage Hospital

Appointments Desk: 01609 764814

Gynaecology Outpatients Department: 01609 763750

Pre-admission Service Friarage Hospital:
01609 764845 / 01609 763769

The James Cook University Hospital

Appointments Desk: 01642 854861

Gynaecology outpatient department : 01642 854243

If you need to contact pre admission at James Cook please contact the gynaecology outpatient department and ask for pre admission service James Cook.

Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available, and based, at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services. Please ask a member of staff for further information.

If you require this information in a different format please contact Freephone 0800 0282451

Author: All information contained in this booklet, as advised by the Urogynaecology Medical and Nursing Team

The James Cook University Hospital
Marton Road, Middlesbrough
TS4 3BW. Tel: (01642) 850850

Friarage Hospital
Northallerton, North Yorkshire
DL6 1JG. Tel: (01609) 779911

Version 1, Issue Date: December 2018, Revision Date: December 2020