

# Cystoscopy Information Sheet

## What is a cystoscopy?

A cystoscopy is a procedure that allows your urologist to examine the lining of your bladder and your urethra (the tube that leaves the bladder and carries urine out of your body). This is performed for many different reasons. Common reasons include: blood in the urine, urinating frequently, burning with urination, slow urinary flow, and prostate enlargement.

## What does a cystoscope look like?

A cystoscope has a camera at the tip that is like the camera in your mobile phone. You will be able to see what your urologist sees on a TV screen (if you want to!).



## How do I prepare for my cystoscopy?

You can eat and drink as normal the day of your cystoscopy. You can take all your usual medications the day of your procedure. You can drive yourself to and from your cystoscopy. **If any of these instructions do not apply to you, you will be given specific instructions.** When in doubt, you should contact your urologist before you drive to your appointment.

## **What should I expect at the hospital the day of my cystoscopy?**

You will be given a time to arrive at the hospital. Please arrive on time. Once you arrive, you will register and be directed to the outpatient procedure operating area. Once you are there, identify yourself to the person who is there to greet you. You will then meet a nurse, who will direct you to the changing room. The nurse will ask you a series of questions. These questions are asked to every patient to ensure that the correct person gets the correct procedure! You will be asked to sign a consent form indicating you agree to proceed with cystoscopy (if you have not already). You will then be assigned to a waiting area, where you will remain until your procedure. If this is your first encounter with your urologist, they will explain the procedure to you after a complete medical history.

You will meet another nurse, who will verify who you are, and clarify that you are at the hospital for cystoscopy. The nurse will then bring you to the room where the procedure will be performed.

Your urologist will enter the room. You will then have a cleaning solution applied to your genitals. Sterile drapes will be placed over you. These steps help prevent infection. Your urologist will then perform your cystoscopy with a well lubricated cystoscope. The entire procedure can be as short as 30 seconds! Your cystoscopy may be longer if your urologist feels it is needed to make an accurate diagnosis or they have a treatment they can do immediately.

## **Does it hurt to have cystoscopy?**

It may sound like cystoscopy will be painful, but it does not usually cause distressing levels of pain. Some discomfort may be experienced during the procedure, but your urologist will do their best to be gentle and cause the least amount of pain possible. Most people tolerate this procedure very well.

## **What should I expect after my cystoscopy? What are potential complications?**

After your procedure, you can resume regular activities, including work, exercise, and sex. You may notice that there is blood in your urine, mild burning when you urinate, and a desire to urinate a bit more often. These symptoms usually resolve within 1-2 days.

The most common complication of cystoscopy is urinary tract infection. Approximately 2% of people will experience this. Symptoms of a bladder infection include: urinating frequently, being unable to hold your urine for a long time, burning with urination, and urinary leakage. Serious infections may have the same symptoms as a bladder infection, but also fever, chills, and flu-like symptoms. **If you think you have an infection, you should contact your urologist. If they are not available, you should head to the emergency room for assessment.** Injury to your bladder or urethra is very rare.