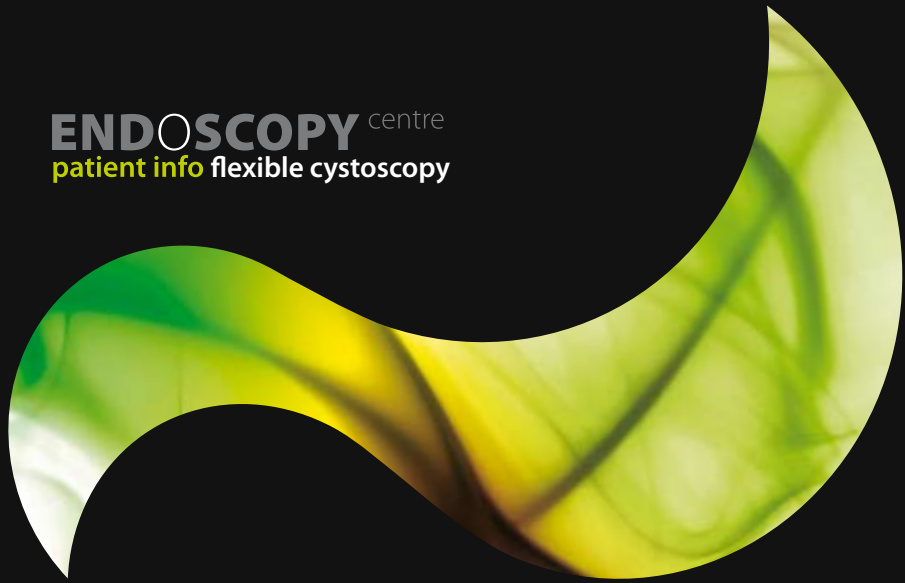


ENDOSCOPY centre
patient info flexible cystoscopy





WHAT IS A CYSTOSCOPY?

A Cystoscopy is an examination of the inside of the bladder, using a very fine, flexible fibreoptic, telescopic tube (the flexible cystoscope).

This is passed through the urethra (the channel to the bladder) into the bladder so that the consultant can see what the problem may be.

The examination is performed under local anaesthetic; it is quick and painless.



WHY A CYSTOSCOPY?

Some urine problems can be sorted out following tests of the urine, blood or with X-rays.

However, often the only way a doctor can be sure of what the problem may be, is by looking inside the bladder, using a flexible cystoscope.

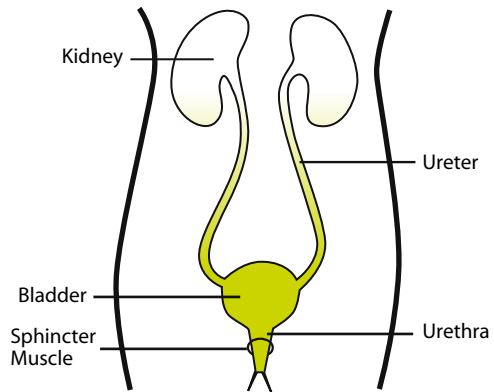
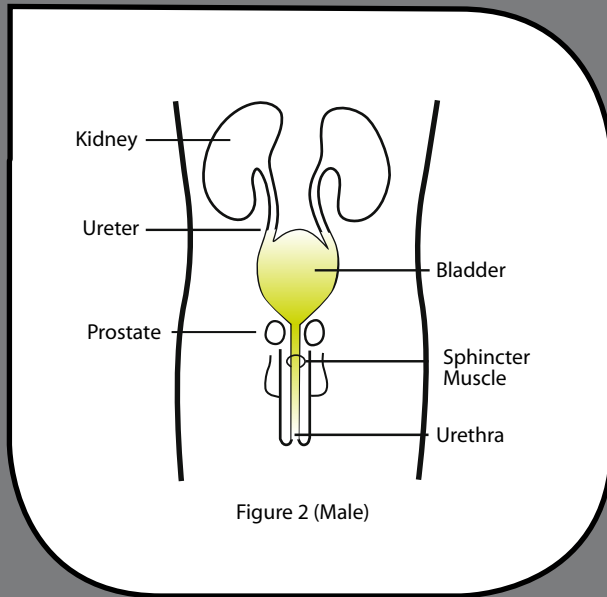


Figure 1 (Female)





PREPARATION FOR THE TEST

No special preparation is required at all.

This means on the day of the examination you can eat and drink as normal.

You can continue to take any medication you may be on as normal.



ON ARRIVAL AT THE PRINCESS GRACE HOSPITAL

Please go to the Endoscopy Centre reception, which has a dedicated entrance at 40 Nottingham Place (next door to the main hospital entrance).

Access to the Endoscopy Centre can be gained by pressing the Endoscopy Centre buzzer.

You will be greeted by our Endoscopy Co-ordinator, who will verify your personal details and preferred method of payment.

An Endoscopy nurse will then prepare for your procedure. If you have any worries or questions at this stage don't be afraid to ask. Staff will want you to be as relaxed and informed as possible for the test and will be happy to answer your queries.

Your consultant will explain the test to you and will ask you to sign a consent form. This is to ensure that you understand the test and its implications. Please tell the consultant or nurse if you have had any allergies or bad reactions to drugs or other tests.



WHAT DOES THE TEST INVOLVE?

In the examination room you will be made comfortable on a couch.

Some anaesthetic jelly is squeezed gently into the urethra to numb it. The anaesthetic usually takes five minutes to take effect.

The consultant will then clean your genital area and the surround areas of skin with a mild disinfectant; you are then covered with sterile sheets.

The flexible cystoscope is then inserted into the urethra up into the bladder – don't be alarmed at the sight of the flexible cystoscope only the flexible tip goes inside your bladder.

Men may be asked to try and pass urine when the cystoscope reaches the sphincter (below the prostate gland) -see the diagram. In trying to pass urine the sphincter naturally relaxes and the cystoscope can pass through more easily. Don't worry, no urine will actually come out while the cystoscope is inside the urethra.

There may be momentary stinging as the sphincter opens.

When the bladder is empty, there are folds in the lining. Once the cystoscope is inside the bladder, saline or salt water is run into the bladder through the cystoscope to stretch out these folds and fill the bladder. This way the whole of the lining can be seen.

As a result at the end of the examination you may feel as if you need to pass water again.

The nurse will stay with you through the examination, you may experience some discomfort, but this will not last long.



AFTER THE EXAMINATION

Your consultant will normally be able to tell you the results of your test before you go home. However if a sample (biopsy) has been taken then, you will need to be seen after a few days.

You may be given a short course of antibiotics.

You can go home as soon as you have passed urine.

You can return to your normal activities straight away.

You may feel a burning sensation when passing urine for the first two days after the test

Drink plenty of water.

Some bleeding is not uncommon, especially if you have had a biopsy; this is nothing to worry about, it will stop within 24 hours.



ARE THERE ANY RISKS?

There is a small risk of infection following your cystoscopy, which can be treated by your GP.

If you get a temperature, pain, bleeding or burn that lasts longer than two days contact your GP.

ANY FURTHER QUESTIONS?

Please ask your general practitioner or hospital specialist (whoever recommended you to have the test). Or phone the Endoscopy Centre on 020 7908 2185 Monday to Friday 8am – 8pm. Out of hours 020 7486 1234 ask for the Duty Sister.