



## Cystoscopy

What is a Cystoscopy?

A cystoscopy is a medical procedure that allows your urologist to examine the inside of your bladder and urethra using a thin, flexible tube called a cystoscope. This procedure is typically performed to diagnose and treat various urinary tract conditions.

Why is Cystoscopy Done? Cystoscopy may be done for several reasons, including:

1. Investigating urinary symptoms like blood in urine, frequent urination, or pain.
2. Diagnosing and monitoring bladder conditions such as infections, tumors, or stones.
3. Treating certain bladder problems, like removing bladder polyps or stones, or placing a urinary catheter.

Before the Procedure

- Preparation: Your healthcare provider will give you specific instructions on how to prepare for the procedure. This may include fasting for a few hours or taking antibiotics to prevent infection.
- Medications: Inform your healthcare provider about any medications, supplements, or allergies you have. You may need to adjust your medications before the procedure.
- Arrangements: If you get any type of systemic (IV or oral) anesthesia, plan to have somebody drive you home.

During the Procedure

- Location: Cystoscopy is usually performed in a urology clinic or surgery center.
- Anesthesia: You may receive local anesthesia to numb the urethra or sedation to help you relax. Discuss your preferences with your healthcare provider.

- The Procedure: The cystoscope is gently inserted through the urethra into the bladder. Your healthcare provider will examine the bladder's lining, and if necessary, perform any necessary treatments.
- Duration: The procedure typically lasts less than 5-10 minutes.

#### After the Procedure

- Recovery: After the procedure, you may experience some discomfort or a burning sensation during urination. This is normal and usually temporary.
- Activities: You can typically resume normal activities the same day, but avoid strenuous exercise or heavy lifting for a few days.
- Hydration: Drinking plenty of water can help flush out any residual discomfort.
- Follow-Up: Your healthcare provider will discuss the findings and any necessary follow-up care.

#### Potential Risks and Complications

Cystoscopy is generally safe, but there are some potential risks, including:

- Infection
- Bleeding
- Injury to the urethra or bladder
- Allergic reactions to medications

These complications are rare but should be discussed with your healthcare provider.

#### When to Contact Your Healthcare Provider

Contact your healthcare provider if you experience:

- Severe pain or bleeding
- Persistent fever or chills
- Difficulty urinating
- Signs of infection (e.g., redness, swelling, or pus at the insertion site)

#### Conclusion

A cystoscopy is a valuable diagnostic and therapeutic tool for urinary tract conditions. Understanding what to expect before, during, and after the procedure can help you feel more at ease. If you have any questions or concerns, don't hesitate to discuss them with your healthcare provider.

This handout is for informational purposes only and should not replace professional medical advice. Your healthcare provider will provide you with personalized information and guidance based on your specific situation.