

FLEXIBLE CYSTOSCOPY UNDER LOCAL ANAESTHETIC

A Flexible Cystoscopy is an examination of the bladder using a thin, flexible tube-like telescope called a cystoscope. This instrument is carefully passed up the urethra (the tube that passes urine out of the body) and into the bladder. A Cystoscopy gives anatomical information about the lower urinary tract; this procedure is done for many reasons.

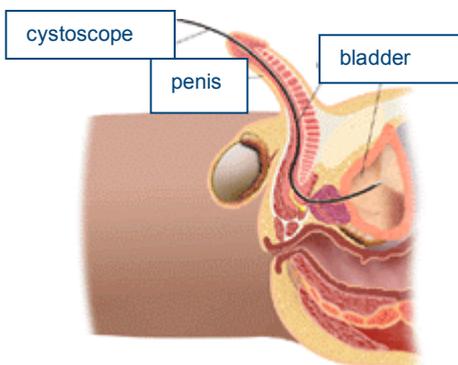
- **Why have a flexible Cystoscopy?**

Cystoscopy is useful for finding out what is causing symptoms such as blood in the urine or difficulties with urination, and as a check-up for certain bladder and urethral conditions. It enables the doctor to inspect the bladder lining very closely for abnormal growths, bulges, ulcers or stones.

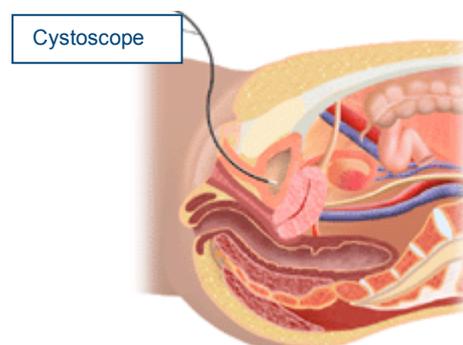
- **What are the Alternatives?**

It may be essential to have a cystoscopy in order to diagnose some bladder conditions. The cystoscope enables the doctor to view parts of the urethra and bladder that tend not to show up well on x-rays.

Procedure for male cystoscopy:



Procedure for female cystoscopy:



- **How is it done?**

You remain awake throughout the procedure. You will be asked to empty your bladder prior to the procedure and a local anaesthetic jelly will be applied to your urethra to help keep you comfortable. Initially the jelly does tingle but soon makes the urethra numb.

The examination involves passing a fine tube with a light and tiny microscope into your bladder; your bladder will be filled with water therefore you may experience a sensation of “fullness”.

You will be asked to relax and even to try to pass water as the telescope is passed into the bladder. This is to help the telescope pass the external sphincter. If the sphincter is not relaxed this is uncomfortable. The urethra and bladder are inspected whilst filling the bladder with water. The whole test takes only a few minutes and results can be discussed straightaway

The examination of your bladder will take no more than 5 minutes and should cause no discomfort other than a feeling of slight urgency to go to the toilet.

- **What are the possible complications?**

Complications are uncommon with this test. Some discomfort is normal; a little blood may also be seen.

Infection seldom occurs. This would show as persistent stinging on urination and the urine would become smelly or even cloudy. *If you find, however, that you have great difficulty or discomfort in urinating or if you develop fever or shivering, **you should consult your doctor immediately***

- **After the procedure**

Some slight discomfort with frequency and burning on urination can occur; this is normal and should settle quickly. You are advised to drink at least 2 litres (approximately 3 pints) of fluid per day for 2 days. You may occasionally find some blood in your water for up to 48 hours after the procedure - as long as you are able to urinate, this is nothing to worry about.

You will be told by the medical staff if a further appointment is necessary. If so, your appointment will be arranged appropriately.