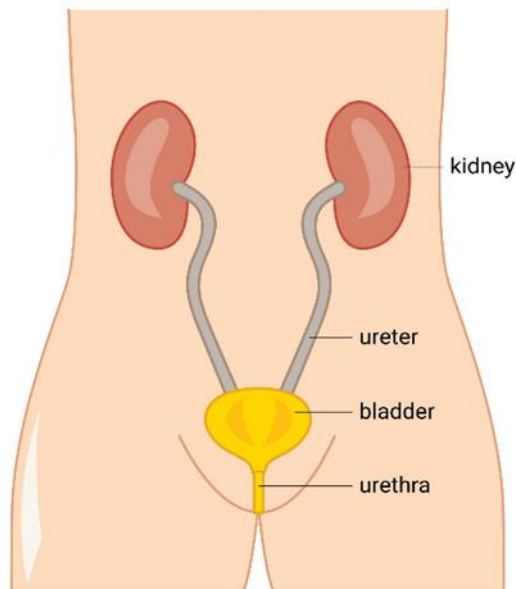


## Flexible Cystoscopy Patient Information Leaflet

### What is a flexible cystoscopy?

A flexible cystoscopy is a test that allows a doctor to look directly inside the bladder.



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It can be used to check what is causing certain symptoms and treat some bladder conditions.

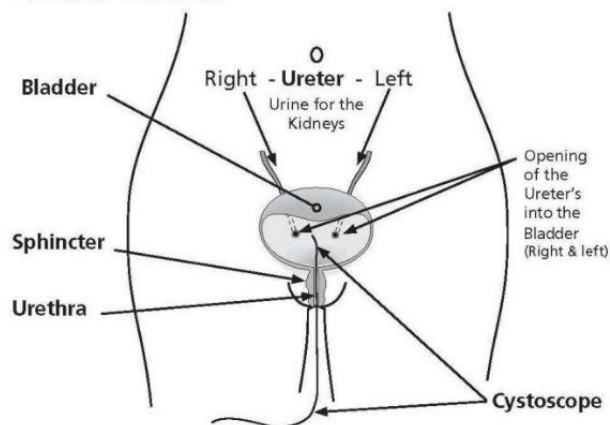
A long, thin tube with a small camera inside (cystoscope) is gently put into your urethra and moved through it into your bladder.

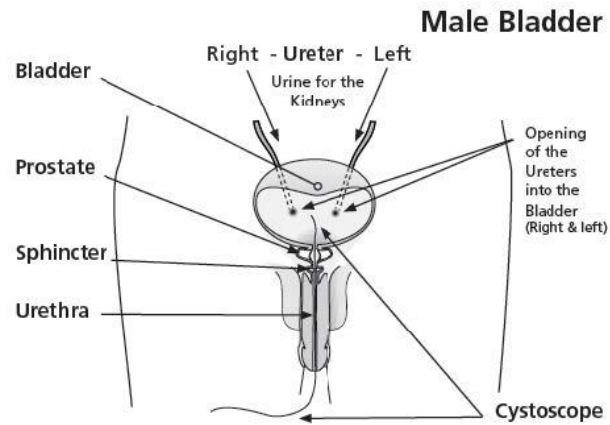
The urethra is the tube that carries urine from your bladder out of your body.



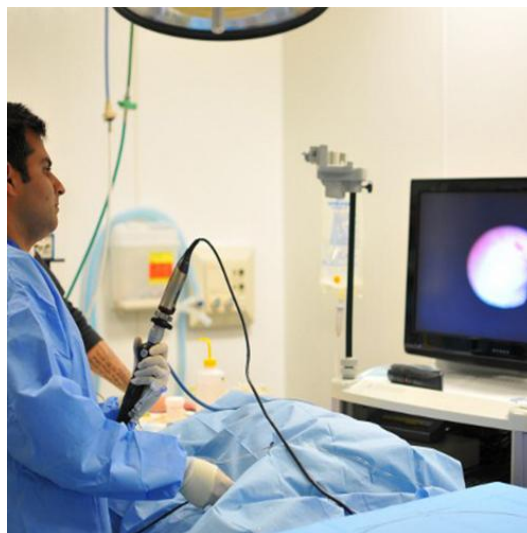
Source: [laborie.com/primesight](https://laborie.com/primesight)

### Female Bladder





The end of the cystoscope contains a light, and pictures can be displayed on a TV monitor allowing the doctor a clear view of the bladder.



## What do I need to know before the procedure?

You can drive to and from your appointment.



Please bring a sample of urine with you in a clean container. This needs to be produced first thing in the morning of the day of your appointment.



You may eat and drink as usual.



Please bring a list of medication you are currently taking.



## **What will happen at my appointment?**

We are aware that this is an intimate procedure, and you will be asked to undress from the waist down.

However, the health care team will do their best to maintain your dignity as much as possible.

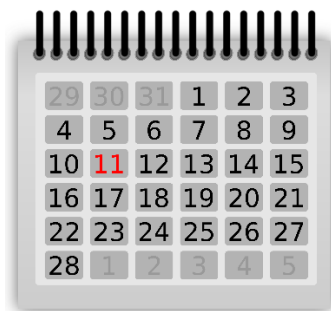
A chaperone will always be present, and the consulting room door locked throughout the procedure.



The healthcare assistant will take your urine sample from you.



This will be checked for any signs of infection. If there are signs of infection your cystoscopy may need to be rebooked for a later date.



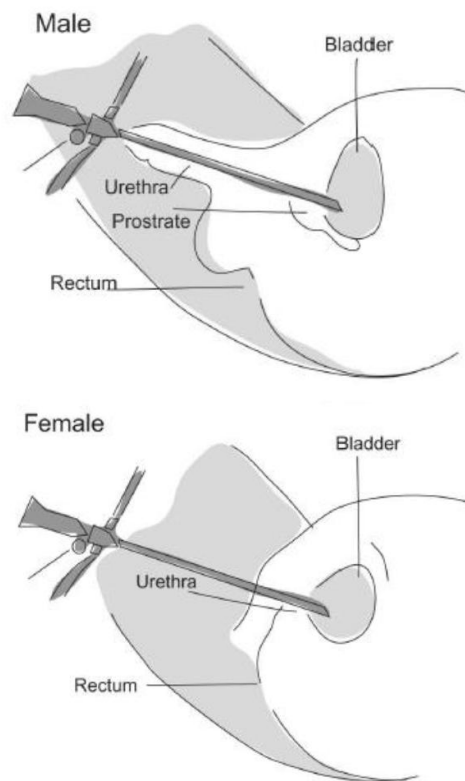
You will be asked to undress behind a curtain from the waist down, and you will be asked to lie down on a couch.



The doctor will cleanse the genital area, and you will be covered with a paper blanket.

A small tube of gel is applied to the opening of the urethra.

A thin, flexible tube with a camera inside (cystoscope) is gently passed into the urethra and up into the bladder. You can watch the camera images on the screen next to the couch if you would like to.



Source: <https://www.gloshospitals.nhs.uk/your-visit/patient-information-leaflets/cystoscopy--urethroscopy/>

Saline water is run into the bladder through the tube to stretch the bladder. This allows the doctor to see the bladder better.



Source: <https://advinurology.com/wp-content/uploads/2015/07/Cystoscopy-3.jpg>

Your bladder may feel full, and this is normal.

If it becomes too uncomfortable or you have any pain, please tell the doctor or the healthcare assistant immediately and they will stop the procedure.



Once the test is complete the cystoscope is gently removed from your bladder.

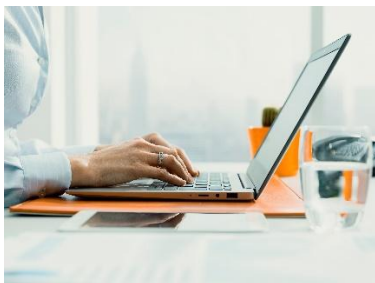
A flexible cystoscopy usually takes around 10 to 15 minutes.

## After a cystoscopy

If you have had a flexible cystoscopy, you can go home as soon as the procedure is complete.



You can return to work and normal activities as soon as you feel able to.



You may have a small amount of blood in your urine for a few days after having a cystoscopy. It may also be painful when you pass urine.

These symptoms should pass in a few days and are usually nothing to worry about. Speak to your doctor if the symptoms do not go away after a few days.

## Getting your cystoscopy results

After the cystoscopy, the doctor may tell you if they noticed any changes to your bladder.

They will talk to you about your results and explain what happens next, including if you will need more tests or treatment.



You may need a follow-up appointment to talk about your results and next steps.

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