

Patient's Instructions

Cystoscopy Instructions

What is a Cystoscopy?

Is a procedure in which the provider looks into the bladder and the urethra with a special camera called a cystoscope. The cystoscope is a small tube-like instrument with lenses and opening on one end to send water into the bladder and a light source and camera on the other end. With a cystoscope, your doctor can examine the urethra which is the tube that drains the bladder to the outside and the lining of the bladder. If necessary, your doctor can pass surgical instruments through the cystoscope to perform specific procedures. In most cases, a simple cystoscopy lasts 5 to 10 minutes.

Why is a cystoscopy done?

A cystoscopy is done to:

- Diagnose bladder tumors or polyps
- Get a sterile urine sample
- Identify a bladder obstruction
- Identify urethra structures
- Remove foreign bodies
- Take biopsies
- Check for the cause of infection after frequent urinary tract infections.

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How is the cystoscopy done?

First, you will need to empty your bladder and the opening to the bladder (the urethra) is cleaned with betadine and anesthetized (numbed up) with local anesthesia. The cystoscope is gently passed through the urethra into the bladder and the bladder is gently filled to unroll it. The bladder wall is examined for any irregularities. The tubes that drain the kidneys into the bladder are called the ureters and that opening is examined as well. The area of the bladder that joins with the urethra (UV junction) is evaluated. Any samples (biopsies) that are needed are taken and urethra is then examined. The pictures are projected on a TV monitor and you are encouraged to watch along with your physician. Once the cystoscopy is finished you may empty your bladder and any further discussions will be completed.

What should I expect after the procedure?

Some people experience a loss of sensation to the bladder or the urge to urinate for a few hours afterwards as the local anesthesia wears off but this usually passes quickly. Occasionally there may be some bleeding or discomfort with urination for a few hours or the next day but again this passes quickly and is usually mild.