

Cystoscopy

Information for patients



Please contact a member of nursing staff at the appropriate day unit if you wish to discuss your operation before your admission to hospital (contact numbers can be found at the end of this leaflet).

The procedure

Cystoscopy involves passing a small telescope (cystoscope) into the bladder, via the urethra (the normal urine passage), to look at the urethra, bladder wall, and the ureters (the tubes leading from the kidneys to the bladder).

It is sometimes necessary for the surgeon to slightly stretch the urethra, if there is previous scar tissue or other trauma, and this will be discussed with you before your operation.

Cystoscopy can be performed under local anaesthetic (local anaesthetic gel applied directly into the urethra) or general anaesthetic (when you are asleep).

Before your operation

If you are having a general anaesthetic, you will have a pre-screening appointment to assess your suitability for day surgery, before you are given a date for your operation. At this appointment the nurse will take details of your:

- ✓ Medical history
- ✓ Current medication
- ✓ Home care arrangements after you have been discharged

Please use this opportunity to ask any questions about your surgery and after-care. Where possible, the nurse will arrange a mutually convenient date for your surgery. They will also give you instructions about preparing for your operation, which will include advice about:

- ✓ Having a bath or shower before you come to the hospital
- ✓ Eating and drinking
- ✓ Taking your normal medication, if appropriate

Note: Unless advised otherwise, if you normally take aspirin daily, you should continue to take it. If you take clopidogrel, this may need to be stopped one week prior to your procedure.

- ✓ Returning to work after surgery

On the day of surgery

You should have a bath or shower before you come to hospital.

If you normally wear contact lenses, you will need to remove these before your operation. Please bring your spectacles or an extra pair of contact lenses with you.

On admission to the unit you will be greeted by a nurse who will check that your details are correct. The surgeon and the anaesthetist (if you are having a general anaesthetic) will talk to you and you will be invited to ask any questions you may have. A member of staff will escort you, as you walk to the operating theatre.

Following your operation

You will be transferred to the ward area.

If you have had a **local anaesthetic**, you need only rest for about 30 minutes and you may then resume normal activity. If you are unsure, the nurse will advise you on this matter.

If you have had a **general anaesthetic**, nurses will continue to monitor your condition. If you feel any discomfort, please inform the nurse looking after you, so that pain relief can be given.

You will need to have something to eat and drink, before you can go home.

You will also need to have passed a good amount of urine following your procedure.

After about 1 - 2 hours, if the nurse feels you are sufficiently recovered, you may be discharged home.

Care at home

Normally, the effects of this procedure are minimal but you may have some discomfort when you pass urine for the next 12 - 24 hours. Your urine may also be slightly blood-stained. If you drink plenty of fluid, any discomfort or discolouration should decrease within 1 - 2 days.

If you have had a **general anaesthetic**, you should gradually build up to normal daily activities and should be ready to return to work a couple of days after your surgery.

Possible complications

Minor

- Discomfort on passing urine
- Slightly blood-stained urine
- Slight risk of urinary tract infection

Moderately Severe

- Inability to pass urine after surgery
- Significant blood loss

Please contact your GP, if you:

- ✓ Develop a temperature
- ✓ Experience burning pain when passing urine
- ✓ Experience burning pain in the lower abdomen
- ✓ Pass fresh blood or clots with the urine
- ✓ Are unable to pass urine*
- ✓ Have prolonged or severe pain

* If necessary, you should attend the Accident & Emergency department at your local hospital.

If you have any problems or cause for concern please contact:

Your General Practitioner or the relevant Day Unit:

David Beevers Day Unit, St James's Hospital: 0113 206 5786
(Monday-Saturday 8am-12noon)

Wharfedale Hospital Day Unit: 0113 392 1713

Your outpatient appointment is:

Further information is available at:

<https://www.leedsth.nhs.uk/a-z-of-services/day-case-surgery/>



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