

# Having a Cystoscopy

Information for patients,  
carers and relatives

**Easy  
Read**



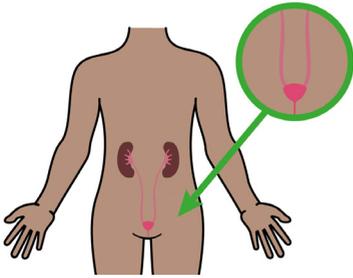
## easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

## cystoscopy



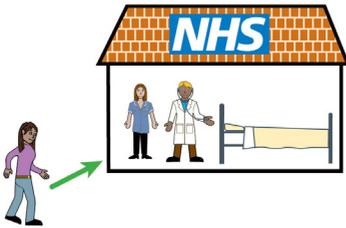
A Cystoscopy is a test to look inside your bladder.

## doctor idea



A doctor has said you need this to help explain your symptoms.

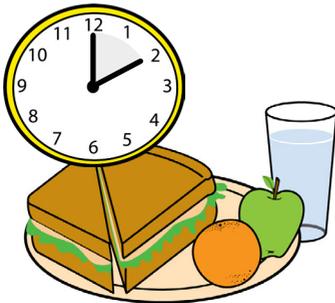
## go to hospital



Most people have this done as an out patient at the hospital.

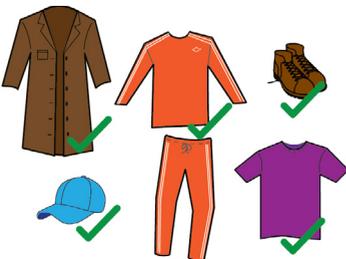
Your appointment letter will say where to go.

## eat 2 hours before



It is a good idea to eat about two hours before the appointment.

## appropriate clothing



Wear loose, comfortable clothing for the procedure.

## support at home



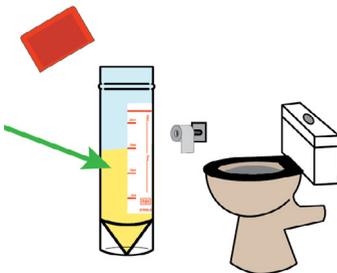
You should have someone to take you home.

## assessment



Before the procedure the doctor or nurse will talk to you about what is happening.

## urine sample



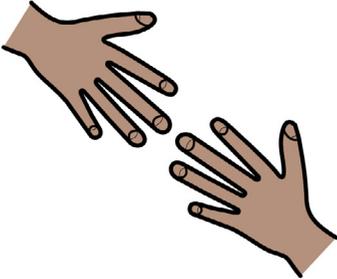
You might need to give a wee sample to be tested for pregnancy or infection.

## **examination room**



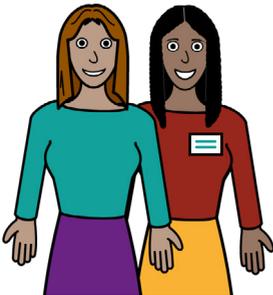
You will go into a clinic room for the procedure.

## **help**



You can have someone with you for support.

## **chaperone**



The hospital will offer a staff member to chaperone.

## remove clothes



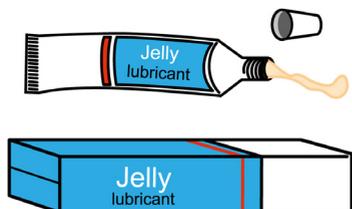
You will need to take your clothes and underwear off from the waist down.

## leg support



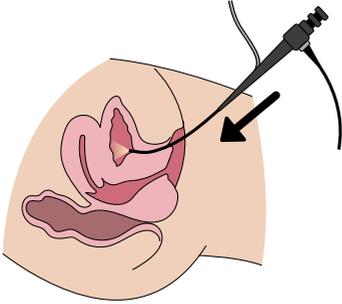
Your legs will be put into supports that lift them up and apart.

## lubricant

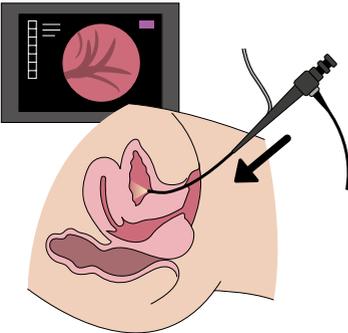


The nurse will put some cold jelly onto your private area to help the equipment go in.

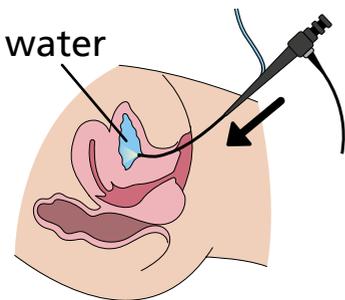
## **cystoscopy**



## **see in bladder**



## **fill bladder**



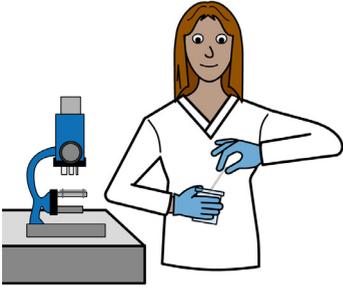
A small tube is inserted into the bladder via the vagina.

The tube has a very small camera on it so they can see inside the bladder.

During the test they will fill your bladder with cold water.

This makes you feel like you need a wee.

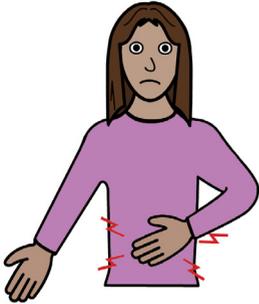
## sample test



Sometimes they can do simple procedures at the same time, like:

Take a sample or or remove a small polyp (lump).

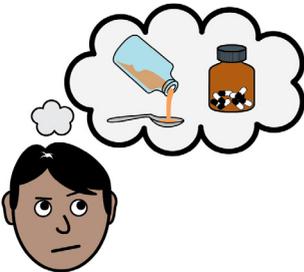
## tummy ache



This procedure can be uncomfortable.

Some people might get tummy cramps.

## what medicine



You can take simple pain killers before and after the procedure.

Always follow the instructions on the packets.

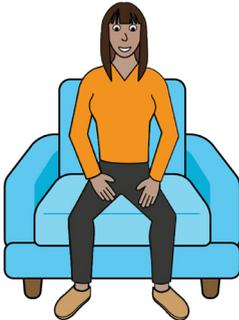
## **strong medicine**



Some people need stronger painkillers during the procedure.

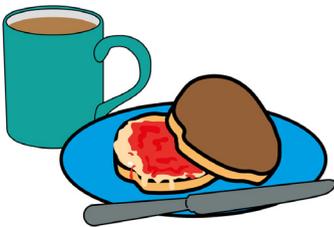
Please ask staff.

## **recovery**



After the procedure you will go to an area to rest.

## **food and drink**



You will be offered food and a drink.

## use toilet



You will need to go to the toilet before you go home.

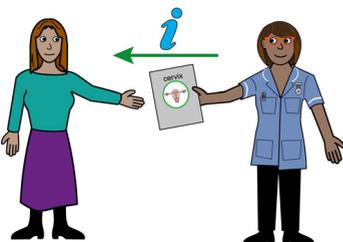
## sitting on toilet



Sometimes it can feel sore to wee for a little while afterwards.

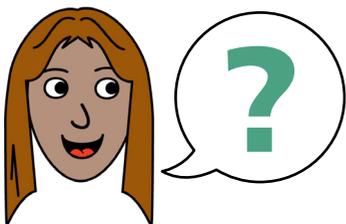
Tell your nurse if you are worried.

## information from nurse



The staff will let you know what happens next and if you need another appointment.

ask



health passport



easy read leaflets



If you have any questions, you can ask the staff.

If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

**leedsth-tr.lidautism@nhs.net**

We have other easy reads to support you. Scan or click this QR code to see our range of easy read leaflets.





## What did you think of your care?

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