



Cystoscopy

This leaflet provides information for women who are having a cystoscopy under a general anaesthetic.

If there is anything you do not understand or if you have any other questions, please ask the clinic nurse or telephone us on Sonning Ward: 0118 322 7721 or 0118 322 8204.

What is a cystoscopy?

Cystoscopy is a way of examining the inside of the bladder with a thin telescope (cystoscope).

What are the alternatives to a cystoscopy?

There are no good alternatives to this procedure and your consultant has recommended a cystoscopy under a general anaesthetic as being the best option. An ultrasound may sometimes be used but may not give a definitive answer to the cause of your symptoms.

How is the cystoscopy performed?

- In the gynaecology department, cystoscopies are done under a general anaesthetic, (the patient is asleep). You will be able to go home on the same day.
- A telescope is gently inserted and the bladder filled with clean water so that the inside can be clearly seen.
- Occasionally, a biopsy (tissue sample) of the bladder lining may be taken. At the end of the procedure, the fluid is drained off.
- Cystoscopies take between 5 and 10 minutes.

What are the risks of cystoscopy?

Cystoscopy is a simple, safe procedure with very few risks.

- Five in 100 patients will get an infection after a cystoscopy. We will give you antibiotics during the procedure to try to prevent this.
- Bladder injury is very uncommon, occurring in less than 1 in 100 patients.

What are the benefits of cystoscopy?

Cystoscopy lets your surgeon directly visualise the lining of your bladder to help find a cause for your bladder symptoms. Some bladder conditions can also be treated through a cystoscope (a medical instrument, a thin tube with a light and camera). An example is stretching the bladder during cystoscopy to relieve over-sensitive bladder symptoms.

How should I prepare for my operation?

Please follow the instructions given to you during your pre-operative assessment appointment regarding eating and drinking and medications prior to your operation.

- **Unprotected sexual intercourse:** Please ensure you do **not** have unprotected sexual intercourse after your last menstrual period.
- **Pregnancy:** If you are, or think you may be pregnant, you should **not have the procedure.** Please contact the hospital number on the appointment letter before your appointment for further advice.

What might I expect after cystoscopy?

- **Bladder discomfort** – This usually settles in a day or two. Simple painkillers such as paracetamol will help this.
- **Blood in the urine** – This should settle within 24 hours.
- **Time off work** – You should be able to go back to work in one or two days.
- **Drink plenty of water** – In the first 1 to 2 days after cystoscopy drinking at least 2 litres per day will reduce the risk of bladder infection.

What are the symptoms of a bladder infection?

- Worsening bladder pain, especially on passing urine,
- High temperature or fever,
- Feeling generally unwell,
- Difficulty in passing urine

How to contact us

- If you think you have an infection following cystoscopy, please contact us on Sonning Ward on **0118 322 7721** or **0118 322 8204** for further advice.
- If your surgery or procedure was performed more than 48 hours ago, **please contact your GP or 111.**
- If you would like to know more about a condition, procedure or surgery please visit www.nhs.uk

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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