



Cystoscopy

NL Health Services

Cystoscopy is a procedure that allows your doctor to look inside the urethra and bladder using a special camera called a cystoscope.

Cystoscopy is a short procedure that can be done in clinic setting with little discomfort. You will be able to see the images as the procedure is being carried out. It takes 20-30 minutes to complete the procedure.

The cystoscopy is very safe and the overall risks are low, Risk of urinary tract infection is low and thus antibiotics are not necessary before procedure. The other risks include mild bleeding, discomfort, or injury to bladder or urethra.

The indications for cystoscopy include:

- Blood in the urine
- Frequent urinary tract or bladder infections
- Pain in the bladder or urethra
- Prior surgery involving the bladder or urethra
- Bladder control problems such as urinary incontinence or overactive bladder
- Unusual cells seen under the microscope in urine sample

Before Procedure

Cystoscopy is often done in Outpatient clinic settings. There are no restrictions on eating or drinking and you can drive yourself to and from the appointment and return to work.

Typically, you do not have to stop taking any regular medications before the procedure. It is best to discuss the procedure instructions with your doctor to review your medications and supplements you are taking.

Procedure

After cleaning the area around the urethra with antiseptic agent, a numbing gel (local anesthetic) will be applied to the urethra. A cystoscope either flexible or rigid is inserted. You will likely be able to watch the procedure as it is being carried out. Most patients find a cystoscopy to be an easy procedure, however, some may feel discomfort during insertion of cystoscope.

After the Procedure

After the procedure, you may feel mild burning when you urinate or there may be a small amount of blood in the urine. This usually lasts for a day. To help relieve burning, a warm bath or warm compresses to urethra are helpful. You should also drink extra fluids after the test to avoid getting a urinary tract infection.

You should inform your doctor if bleeding lasts more than two days or you have signs of a urinary tract infection such as pain with urination, smelly or cloudy urine, fever or chills.

If you have any questions, please contact your physician or nurse.