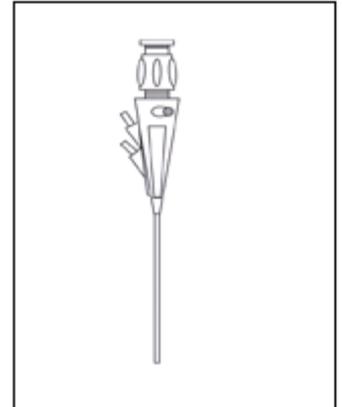


What you need to know about cystoscopy

What is cystoscopy?

A cystoscopy is an examination of the inside of the bladder and urethra. The doctor performing the examination uses a cystoscope—a long, thin instrument with an eyepiece on the external end and a tiny lens and a light on the end that is inserted into the bladder. It allows the doctor to see inside the hollow bladder. It can be used to treat or diagnose urinary problems.

Cystoscope

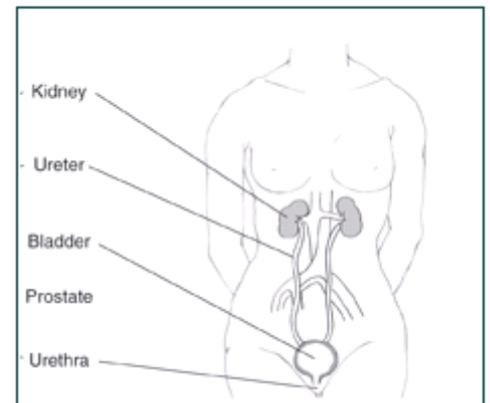


Why do some patients need cystoscopy?

A doctor may perform a cystoscopy to find the cause of many urinary conditions, including

- frequent urinary tract infections
- blood in the urine
- a frequent and urgent need to urinate
- unusual cells found in a urine sample
- painful urination, chronic pelvic pain, or interstitial cystitis/painful bladder syndrome
- an unusual growth, polyp, tumor, or cancer in the urinary tract
- urinary incontinence (leakage of urine)

Urinary Tract



What are the preparations for cystoscopy?

For cystoscopy, people will be able to eat normally in the hours before the test. Usually, patients lie on their back. The area around the urethral opening is cleaned and an anesthetic jelly applied so that the patient will experience minimal discomfort during the test.

How is cystoscopy performed?

The doctor gently inserts the tip of the cystoscope into the urethra and slowly glides it up into the bladder. A sterile liquid—water or salt water, called saline—flows through the scope to slowly fill the bladder and stretch it so the

Reference : <http://kidney.niddk.nih.gov/kudiseases/pubs/cystoscopy/#whatisu>

doctor has a better view of the bladder wall. The time from insertion of the scope to removal may be only a few minutes, it may be longer if the doctor finds a stone or takes a biopsy. In most cases, the entire examination, including preparation, takes about 15 minutes.

What happens after cystoscopy?

Patients may have a mild burning feeling when they urinate, and they may see small amounts of blood in their urine. These problems should not last more than 24 hours. To relieve discomfort, patients should drink two 250 ml glasses of water each hour for 2 hours after the procedure. They may ask their doctor if they can take a warm bath to relieve the burning feeling. If not, they may be able to hold a warm, damp washcloth over the urethral opening. The doctor may prescribe an antibiotic to take for 1-3 days to prevent an infection. Any signs of infection—including severe pain, chills, or fever—should be reported to the doctor.

Points to Remember

- Cystoscopy is a procedure used to view the inside of the bladder and urethra.
- Before cystoscopy, patients should
 - talk with their doctor to ask questions and receive instructions
 - avoid urinating for about an hour before giving a urine sample if one is required
 - arrange for a ride home if the cystoscopy is performed under anesthesia
- After cystoscopy, patients should
 - drink two 250ml glasses of water each hour for 2 hours
 - ask about taking a bath or using a warm, damp washcloth to relieve the burning feeling
 - report any problems, such as
 - bloody urine that lasts more than 24 hours after the test
 - severe pain
 - chills
 - fever