

## CYSTOSCOPY (A Direct Exam of your Bladder)

Cystoscopy is a relative painless routine examination of your bladder. By using a cystoscope, a special telescope-like instrument with a powerful light, the Doctor can see inside the bladder. Cystoscopy is used for general observation of the bladder and for diagnosis of kidney and urethra problems and infections. It is also used to biopsy bladder tissue, remove stones and take special x-rays of the kidney.

Cystoscopy may be performed in a Doctor's office or in a hospital. Your Doctor will decide which is best for you.

### ANATOMY OF A CYSTOSCOPY

Cystoscopy allows your Doctor to directly examine the bladder. By passing the cystoscopic tube into the urethra, your Doctor may see the cause of the problem. Both men and women eliminate urine from their bladder through the urethra. Women have a shorter urethra than men. Cystoscopy is somewhat easier for them, and usually requires only a topical jelly anesthetic. The male urethra is longer and more complex. The prostate gland often is the site of men's urological problems.

### HOW THE CYSTOSCOPE WORKS

A cystoscope is a telescope-like tube made up of a powerful light source (fiberoptics) and lenses. Special lenses allow bladder interior to be observed by straight-ahead, wide angle and side views. Sterile fluid expands the bladder like balloon, aiding the physician observation. The cystoscope is designed to pass easily through both female and male urethras.

### WHAT HAPPENS DURING CYSTOSCOPY

- 1) You will be asked to lie back on the table with your knees elevated and legs apart.
- 2) Your urologist and a nurse will be with you.
- 3) The urethra and surrounding areas are washed and covered with towels.
- 4) Anesthetic jelly is applied to the urethra. Although most men will receive topical jelly anesthetic, some men will require intravenous (IV) sedation or general anesthetic.

- 5) The cystoscope is inserted. Sterile fluid flows through the scope into the bladder, which expands, allowing the urologist to study specific areas of the urethra and bladder closely.
- 6) After Observation, the scope is removed. You may go home from the office or return to recovery room until your vital signs are stable and you are able to ambulate and have a snack post-op.

## AFTER CYSTOSCOPY

You may have temporary burning or bleeding on urination.

Drink lots of liquids.

If sedated at the hospital, someone will need to drive you home.

Be sure you follow your Doctor's instructions. You will be send home with antibiotics. Be sure you take ALL the medication.

If burning on urination continues longer than 24 hours or any heavy bleeding continues, please contact the office. We wish you a safe recovery.

## FINDING OUT THE RESULTS

Your results are usually available immediately and your Doctor may discuss these with you. If you are sedated, you will be informed of the results later, before you are discharged. It usually takes around 5 days to get any biopsy results.