

Having a day case cystoscopy (General anaesthetic)

Department of Urology

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Information for patients

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What is a cystoscopy?

Your doctor has recommended that you have a cystoscopy. The surgeon will pass a small telescope along the urethra into your bladder (see diagrams over the page). There will be no cuts or stitches involved. The cystoscopy will take place under general anaesthetic (whilst you are asleep).

What are the benefits?

The procedure allows the surgeon to see clearly into the bladder, to give an accurate diagnosis of the problem.

What are the possible complications?

As with all invasive procedures there are associated risks involved.

These include:

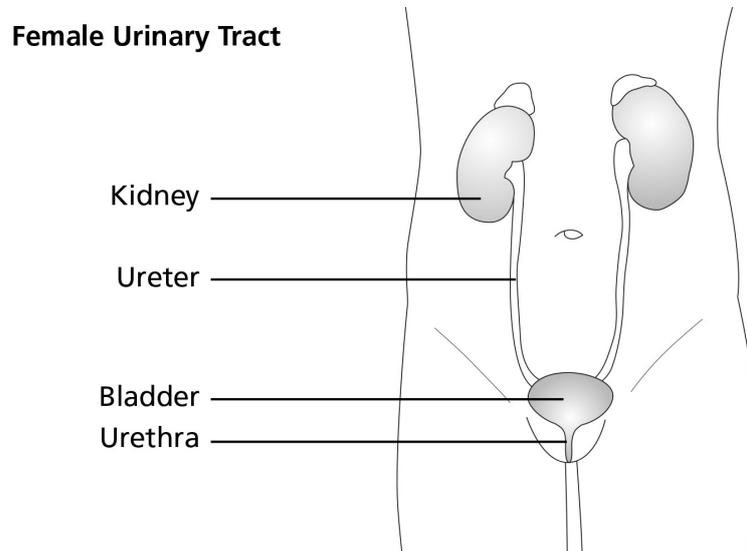
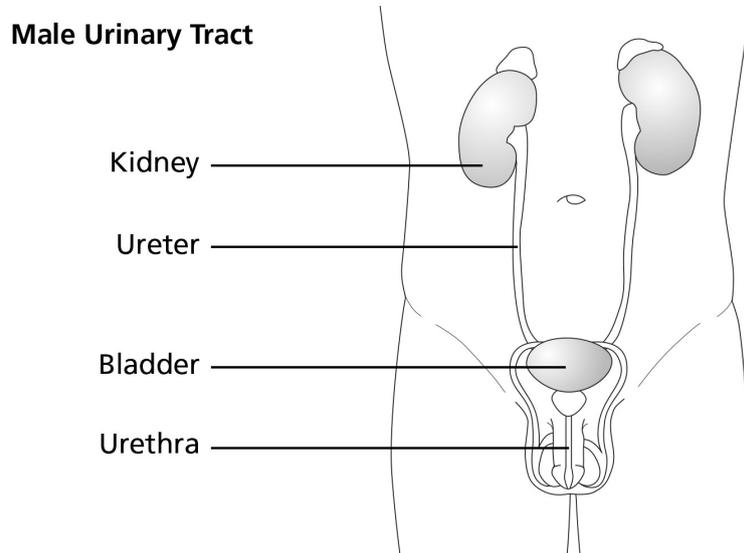
- **Haematuria**, (blood in the urine), which may happen after the cystoscopy. This is normal and should settle within a day or two.
- **Urine infection** - you may be sent home with a course of antibiotics as a precaution against this risk.
- **Retention** - inability to pass urine after the procedure. If you are unable to pass urine whilst you are on the Day Case Unit, you will have to stay in the hospital overnight, or until you pass urine.
- **Damage to the urethra**, causing a narrowing of the tube where the urine comes out - this is very rare.
- **Perforation of the bladder** - this is extremely rare. In the unlikely event of this happening, you will be admitted to hospital and the consultant will review you on the ward.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

You will have time to discuss all these risks with the doctors and nursing staff before you consent to having a cystoscopy.

Understanding your anatomy



Please tell us if you think you may be pregnant

Are there any alternatives?

It may be possible for you to have a “flexible cystoscopy”, for which you do not need a general anaesthetic. You can discuss this with your surgeon or nurse at the hospital.

Preparing for your procedure

Please read the following important information:

- If you are ill, or cannot keep your appointment for some other reason, please let us know as soon as possible. Another patient may benefit from the cancellation of your appointment.
- If you feel worried or nervous and want to talk to someone, please feel free to ring the nurses on the Day Case Unit.

Please ring one of the numbers below:

Monday to Friday 10.00 am - 4.30 pm.

Leicester General Hospital 0116 258 4192 (Day Case 1)

0116 258 8130 (Day Case 2)

Outside these hours contact: Urology Emergency Admissions

0116 258 4247

What happens before my procedure?

You will be seen in a pre-assessment clinic at some point before your procedure, to make sure you are fit for to have the procedure as a day case. At this appointment the nurse will go through your paperwork with you and you will be given information about your procedure.

You will be told about the consent form that you will be asked to sign to give the surgeon permission to carry out your operation. This appointment is a good time to ask any questions you may have - please write these down if that will help.

Depending on your general health and your age, we may need to carry out some tests. These will be discussed with you, and may include an electrocardiograph (heart tracing / ECG), screening swabs and blood tests.

If you are taking any medications, please bring them with you.

What arrangements do I need to make before my procedure?

Before you can have your procedure as a day case, you need to plan the following things:

- You must be collected by a responsible adult, who must take you home in a car or taxi following your operation.
- You must have a responsible adult at home with you for at least 24 hours after your operation.
- You must have a telephone at home.

You **must not** drive, cycle, operate machinery or drink alcohol for a minimum of 48 hours after your procedure.

Important: driving after an anaesthetic is a criminal offence, and will affect your insurance cover.

What do I need to do before my procedure?

- Read your admission letter carefully.
- Do not eat or drink anything from the time stated in your letter.
- Do not wear any nail polish, false nails or make up.
- Do not wear contact lenses.
- Do not wear any jewellery, except for a wedding ring.
- Do not bring any valuables with you into hospital. University Hospitals of Leicester NHS Trust cannot accept responsibility for loss or damage to personal belongings.
- Do have a bath or shower before you come into hospital.
- Do wear comfortable clothing and footwear to go home in.

Expect to wait on the unit before your procedure

What do I need to bring with me on the day of my procedure?

- **Your appointment letter.** The time you are given to arrive is not the time of your procedure. The surgeon needs to see you before the start of the list, so you may be waiting for your procedure for between two and four hours.
- **Any drugs, medicines or inhalers you are using.** Please take your necessary medication before attending; the pre-assessment nurse will advise you when you should take your medication.
- A contact number for your lift home.
- A dressing gown and slippers, if you have them.
- Something to do while you are waiting, such as a book or magazine to read.

What will happen while I am on the Day Case Unit?

You should come to the Day Case Unit and report to reception. Your details will be checked and you will be directed on to the ward or to the waiting room where a nurse will collect you.

The nurse will talk to you about your procedure and ask a few questions.

You will meet one of the surgical team who will ask you to sign a consent form. If there is anything you are concerned about or do not understand, please ask your surgeon before you sign the form.

You will also be visited by your anaesthetist - this is the doctor who will look after you while you are asleep.

The nurse will tell you when to change into your theatre gown, and then take you to the operating theatre.

What happens after the procedure?

You will return to the day ward and staff will make sure you are comfortable, and provide you with refreshments. If you have any discomfort or sickness please let the staff know so that they can help you.

You will recover on the ward until your nurse is happy that you are well enough to go home. You will need to eat and drink before you can go home. You will also need to pass urine before you go home.

Very occasionally patients need to stay in overnight. If your doctor or nurse feels that this is necessary, they will explain to you the reasons for this.

Pain

Any discomfort after your cystoscopy can usually be controlled with paracetamol (or a similar pain killer). If you are unsure, contact us for advice.

Diet

You can eat and drink as normal straight away, but do not drink alcohol for at least 48 hours. It is best to drink plenty of fluids, at least two to three litres (four to five pints) in the first 24 hours. This will make you pass more water, flushing your bladder regularly.

Driving

You must not drive for at least 48 hours after a general anaesthetic. You will not be covered by your car insurance. Do not drive until you can keep control of your car in an emergency. You should contact your insurance company if you are not sure.

Work

Depending on your job, it is usual to return to work two to three days after your procedure.

Sex

You can resume sexual activity as soon as you feel comfortable.

Physical activity

Do not do too much too soon. It is usual to feel some aches and pains for a few days, perhaps up to two weeks.

Holidays

Flying too soon after an operation can increase the chance of problems, and you may not be covered by your insurance: please discuss this with your insurance company.

What happens next?

The answer to this question depends upon the result of the cystoscopy and any other investigations you may have had. These results will allow the team to advise you about any necessary further tests, treatment or appointments and when you should expect these.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk