

# Having a flexible cystoscopy (Urology-28A/ Community Hospital)

Department of Urology

Information for patients

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## Introduction

Your doctor has recommended that you have a flexible cystoscopy. A flexible cystoscopy allows us to look inside your bladder.

## What is a flexible cystoscopy?

A small telescope will be passed along your urethra into your bladder (see diagram overleaf). There will be no cuts or stitches involved. You will be awake during the cystoscopy. Lubricating jelly will be applied to the urethra to allow the telescope to pass through the urethra more easily.

## What preparation is needed?

You may eat and drink as normal prior to your appointment. There are no special preparations. You will be fit to drive home after your appointment, if you wish.

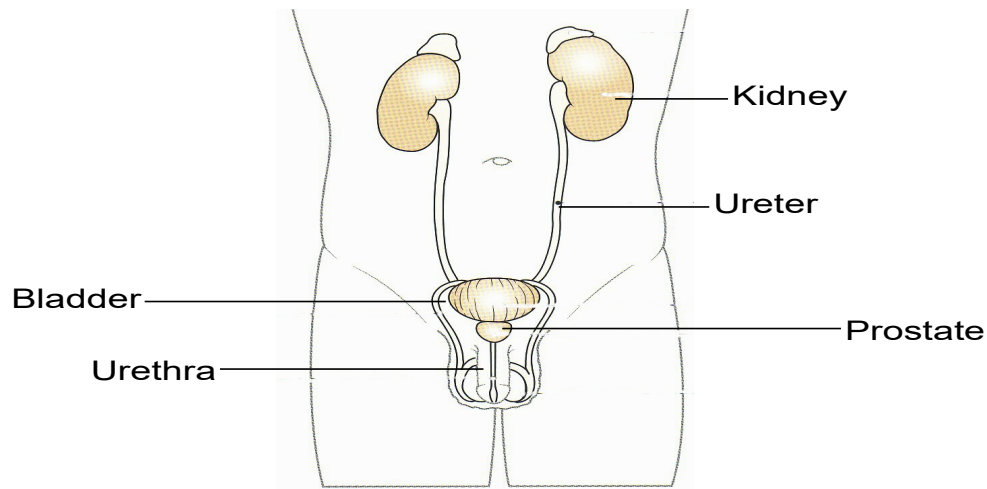
## What happens when I attend the hospital?

- On arrival, you should report to the reception desk in the Urology Assessment Centre. Please expect to be in the department for up to three hours.
- The nurse will then welcome you and answer any initial questions you may have.
- You will be asked to provide a urine specimen. **Please do not bring in a specimen from home.**
- You will be asked a series of questions about your general health and medications,
- Before you have the cystoscopy, you will be asked to sign a consent form. Any questions that you have will be answered then.

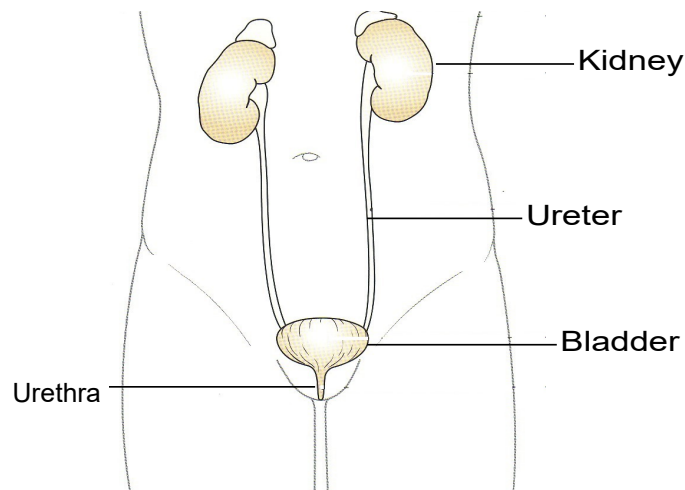
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To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

### Male urinary tract



### Female urinary tract



Please tell us if you think you may be pregnant

## How is a flexible cystoscopy performed?

You will be escorted into the examination room where you will be asked to remove your lower clothes and to lie on a couch. Alternatively you may be asked to change into a gown

A lubricating jelly will be applied to your urethra. A small telescope is passed along the urethra to the bladder. This allows us to look inside your bladder. The jelly allows the telescope to pass through the urethra more easily.

Some patients may experience some discomfort during the procedure.

The investigation takes approximately 5 minutes.

## What happens after my cystoscopy?

- Most people have no trouble after a flexible cystoscopy.
- Drinking extra fluids is advisable, you can eat as normal.
- You may see blood in your urine for a couple of days - **please do not be alarmed**.
- Mild burning on passing water and some increased frequency in passing water may occur, but usually subsides within 48 hours.
- You may be given some antibiotics; you should take these as prescribed.
- You may drive as having a flexible cystoscopy does not affect your driving.
- You can return to work the day after your procedure.
- You can resume sexual activity as soon as you feel comfortable.
- Having a flexible cystoscopy does not mean that you should restrict your physical activity in any way.

**If you have a temperature, pain, persistent burning or bleeding, please contact us using the telephone numbers at the back of this leaflet.**

## What happens next?

The answer to this question depends upon the results of the investigations performed. The results of these investigations will allow the specialist to advise you about any necessary further treatment, tests or appointments. This may include adding you to the waiting list for further surgery. If this is the case you will need to be pre-assessed before surgery, you will receive an appointment for this.

You may want to bring a relative or friend to any appointments you have.

## More information

If you have any concerns or questions contact us directly using the following telephone numbers:

**Urology: Ward 28a**

**Urology Nurse Specialists** (Monday to Friday, 8:30 am to 4.30 pm)

Tel: 0116 258 4632

**Outside of the above hours please call Urology Emergency Admissions**

Tel: 0116 258 4247

## Community Numbers

Hinckley Community Diagnostic Centre: 0116 502 1614

Loughborough Hospital: 0150 956 4406

Melton Mowbray Hospital: 0166 485 4904

St Luke's Hospital Market Harborough: 0185 844 8344

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  
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