

### WHAT IS A FLEXIBLE CYSTOSCOPY?

A Cystoscopy refers to the procedure by which the inside of the bladder is examined. This is done by introducing a small flexible tube-like apparatus into the bladder, which uses a light and a camera to allow the doctor to see inside.

### PREPARATION FOR THE EXAMINATION:

- No special preparation is required.
- You do not need to be fasting but no more than a light lunch is advisable.
- You should have a shower on the morning of your procedure
- There is no need to rest afterwards.
- You will be asked to empty your bladder before the test.
- You will be transferred on to a trolley into the procedure room and asked to remove your clothing from the waist down.
- Please do not bring valuables with you on the day of the examination (money or jewellery).
- If you are under 16 years you must be accompanied by your parent or guardian who is required to give written consent to the procedure being carried out on you.
- Medical procedures can vary greatly in time and thus delays while awaiting tests are unavoidable.

### MEDICATIONS (TABLETS):

- You should talk to the doctor about medications you take regularly and any allergies you have to medications.
- Take medications as usual.

### PROCEDURE:

- A nurse will stay with you throughout the examination.
- It is performed under local anaesthetic, you will not require any injections or general anaesthesia.
- You will lie on your back, the doctor will clean the area with disinfectant and then surround the area with a sheet.
- You may experience a stinging sensation when the anaesthetic jelly is squeezed gently into the urethra(water passage). This jelly numbs and lubricates the urethra.
- The cystoscope will then be gently inserted into the urethra and passed into the bladder.
- You may feel the urge to pass water during this procedure, as your bladder will slowly be filled up with water.
- The entire procedure takes about 5 minutes.
- You will be kept fully informed throughout the procedure, which can be stopped at any time if you wish.
- You will be given the results immediately when it is finished.

### PROCEDURES WHICH MAY TAKE PLACE DURING CYSTOSCOPY:

- **Biopsies:** Tissue samples may be taken for analysis
- **Cytology Test:** Your doctor may use a small brush during the examination to collect cells for analysis.
- **Stent Removal:** Small plastic tubes (stents) may be removed during the test
- **Dilatation:** If there is a narrowing it may be stretched.

**RISKS:** The risks of this test are rare but can include complications such as .....

- Inability to pass urine.
- Develop a temperature of more than 101 degrees F (38.3 degrees C).
- Persistent pain.
- Bleeding

**CONSENT:** The doctor performing the test will ask you to sign a consent form which is to ensure that you understand and agree to the procedure.

**Please read the enclosed form regarding Patient Transmissible Spongiform Encephalopathies.**

## FOLLOWING THE EXAMINATION:

- In general, this is a very safe procedure and most people have no trouble.
- You should drink 2-3 litres of fluid per day as not only does this help keep the urine clear and reduce discomfort, it has a mechanical effect of assisting to wash away any possible infection.
- It is best to drink earlier during the day rather than later as drinking late in the day makes it necessary to get up at night to pass urine.
- An occasional problem is inability to pass urine. You should seek advice from your doctor
- Most people resume normal activities the next day.
- You may leave immediately once follow up arrangements have been made.

### **Car Parking:**

Patients and visitors should use the **underground car park**, off Junction 2. This car park provides internal access, by lift or stairs, to the Main Hospital Concourse.

Additional **surface parking** is also located on the right hand side at Junction 2, when coming from the St. James's Street entrance, on the left hand side at Junction 2 when coming from the Rialto entrance.

### **Location:**

The Endoscopy Unit is located on **Route 2** on the ground floor of the Main Hospital.

### **Opening times:**

The Unit is open Monday – Friday from 08.30hrs- 17.00 hrs

## Endoscopy Unit Main Hospital

ST. JAMES'S HOSPITAL  
James's Street  
Dublin 8



*Welcome to St. James's Hospital*

## Cystoscopy Information Leaflet

If you require any further information please

contact: 4162109 or 4162110

If for any reason you cannot attend for the

scheduled appointment please

contact: 4162109 or 4162110