

Flexible cystoscopy aftercare

Today you have had a flexible cystoscopy (a look into your bladder with a camera). Although it is unlikely you will have any serious after-effects it is important that you read the following advice.

- It is important that you drink at least 4 pints (2 litres) of fluid a day for the next three days. This is necessary to flush out any infection and relieve discomfort.
- If you are on a restricted fluid intake, you should continue with your regular routine.
- You may experience some slight bleeding which is quite normal.
- Should any discomfort or bleeding become excessive or last longer than three days, please continue with your fluids and seek medical help from your GP, out of hours' service or attend the nearest Emergency Department (A&E).
- If you have had an extra procedure such as removal of a stent or dilatation (stretching) of your urethra (tube into your bladder), bleeding may continue for longer than three days, but should not be excessive. If it is excessive, seek medical advice.
- You will be able to return to your normal activities following your flexible cystoscopy.
- There is a small risk of infection. Please note it is very important to contact your GP out of hours service, or attend the nearest Emergency Department if you feel unwell (flu like symptoms, hot and cold and shaky), with a high temperature.
- Your GP will receive a copy of the report

Who can I contact for more help or information?

The Urology Procedures Department can be contacted for advice on weekdays between 8.30am – 4.30pm via the Urology Clinical Admin Team (CAT 3a) Tel: 0118 322 8629 or email rbb-tr.CAT3A@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Urology, February 2023
Next review due: February 2025