

Cystoscopy

This leaflet provides information for women who are having a cystoscopy under a general anaesthetic.

If there is anything you do not understand or if you have any other questions, please ask the clinic nurse or telephone us on Sonning Ward: 0118 322 7721 or 0118 322 8204.

What is a cystoscopy?

Cystoscopy is a way of examining the inside of the bladder with a thin telescope (cystoscope).

What are the alternatives to a cystoscopy?

There are no good alternatives to this procedure and your consultant has recommended a cystoscopy under a general anaesthetic as being the best option. An ultrasound may sometimes be used but may not give a definitive answer to the cause of your symptoms.

How is the cystoscopy performed?

- In the gynaecology department, cystoscopies are done under a general anaesthetic, (the patient is asleep). You will be able to go home on the same day.
- A telescope is gently inserted and the bladder filled with clean water so that the inside can be clearly seen.
- Occasionally, a biopsy (tissue sample) of the bladder lining may be taken. At the end of the procedure, the fluid is drained off.
- Cystoscopies take between 5 and 10 minutes.

What are the risks of cystoscopy?

Cystoscopy is a simple, safe procedure with very few risks.

- Five in 100 patients will get an infection after a cystoscopy. We will give you antibiotics during the procedure to try to prevent this.
- Bladder injury is very uncommon, occurring in less than 1 in 100 patients.

What are the benefits of cystoscopy?

Cystoscopy lets your surgeon directly visualise the lining of your bladder to help find a cause for your bladder symptoms.

Some bladder conditions can also be treated through a cystoscope. An example is stretching the bladder during cystoscopy to relieve over-sensitive bladder symptoms.

What might I expect after cystoscopy?

- **Bladder discomfort** – This usually settles in a day or two. Simple painkillers such as paracetamol will help this.
- **Blood in the urine** – This should settle within 24 hours.
- **Time off work** – You should be able to go back to work in one or two days.
- **Drink plenty of water** – In the first 1 to 2 days after cystoscopy drinking at least 2 litres per day will reduce the risk of bladder infection.

What are the symptoms of a bladder infection?

- Worsening bladder pain, especially on passing urine,
- High temperature or fever,
- Feeling generally unwell,
- Difficulty in passing urine,

Contact us

If you think you have an infection following cystoscopy, please contact us on Sonning Ward on 0118 322 7721 or 0118 322 8204 for further advice.

If your surgery or procedure was more than 48 hours ago, please contact your GP or 111.

If you would like to know more about a condition, procedure or surgery please visit www.nhs.uk

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

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

W Kuteesa, Consultant Uro-Gynaecologist, June 2017

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