

INFORMATION FOR PATIENTS UNDERGOING CYSTOSCOPY AND ASSOCIATED PROCEDURES

INTRODUCTION

- ❖ You are having a procedure called a CYSTOSCOPY. This is a telescopic inspection of the bladder
- ❖ The aim of this procedure is to diagnose the problem you are having with your bladder
- ❖ You may require a biopsy to be taken or have an X-ray taken to further help the management of your problem. These do not mean you will need to stay longer in the hospital

BEFORE THE CYSTOSCOPY

- ❖ You must completely fast (that is no food or drink of any kind) for 6 hours prior to your cystoscopy
- ❖ You can take necessary medications with a SIP of water at the normal time
- ❖ You should inform your doctor if you take Warfarin, Aspirin or similar drugs if it is necessary to stop these prior to your cystoscopy

THE PROCEDURE

- ❖ This involves the introduction of a “telescope” to your bladder, which allows the doctor to see the inside of the bladder and urethra. In men it also allows inspection of the interior of the prostate
- ❖ A biopsy can be taken with a specialised instrument through this telescope or CYSTOSCOPE to use its accurate medical name.
- ❖ There are also special instruments to allow for the removal and cauterising of polyps, ulcers etc

AFTER THE CYSTOSCOPY

- ❖ It is normal to experience the following for 1-7 days following a cystoscopy and its associated procedures
 - Mild burning when you pass urine
 - Some blood in your urine
 - You may need to pass urine more frequently than you normally do
- ❖ The following simple remedies often help if you find these symptoms are annoying:
 - Drink plenty of water
 - Take regular Ural or Citravescent in a glass of water (up to 5 times/day)
 - Take regular Panadol or equivalent - 2 tablets every 4 hours
- ❖ If you are concerned you can call the rooms on 02 9587 4888.
- ❖ YOU MAY PREFER TO CALL YOUR OWN GP THIS IS FINE TOO!
- ❖ Take any antibiotics you are prescribed
- ❖ Check when your follow up appointment is to be made with your doctor and call the rooms to book this appointment promptly