



University Hospitals Birmingham
NHS Foundation Trust



Flexible Cystoscopy

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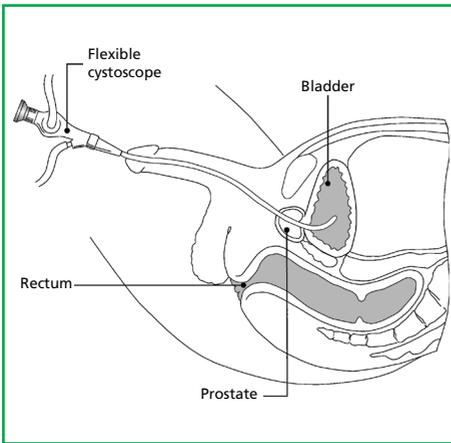
Introduction

This leaflet has been written for you to help understand the procedure that you are about to undergo. If you need any further advice or information please do not hesitate to ring the number at the end of this leaflet.

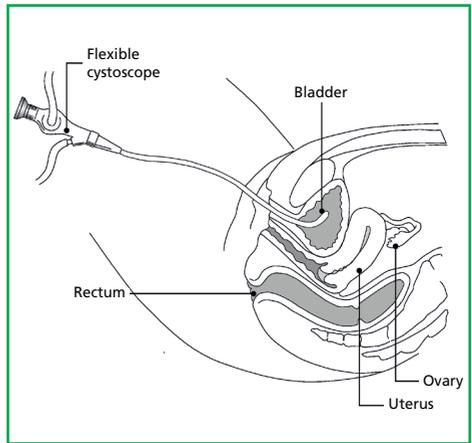
What is Flexible Cystoscopy?

A flexible cystoscopy is a procedure where a fine, fibre optic telescope is passed into the urethra (water pipe) and then into the bladder to enable the doctor or specialist nurse to examine the inside of your bladder. This is performed as an outpatient, under local anaesthetic.

Men



Women



Your consultant urologist has arranged this procedure as part of your investigations to try to determine why you are having urinary symptoms. These symptoms can be varied from frequently needing to pass urine to passing blood in your urine. The procedure is very quick and the results are discussed with you at the end.

What will happen before the procedure?

The procedure will take place in East Block Day Unit, Heritage Building (QEH). It is recommended that you have a bath or shower at home prior to attending this appointment and attend with a comfortably full bladder, as we may need a urine specimen on arrival. As part of the preparation, you will be asked to put on a procedure gown.

You will then be taken through to the procedure room where the doctor or nurse specialist will ask you some questions regarding your urinary symptoms, and will ensure you fully understand what the procedure involves. Please feel free to ask any questions you may have.

What happens during the procedure?

A nurse will help you onto the treatment couch. A sterile sheet will be placed over you and the doctor or specialist nurse will cleanse you 'down below' with a warm antiseptic solution. Some local anaesthetic jelly will be inserted into the urethra (water pipe) Followed by a tiny telescope. This will be passed along the urethra and into your bladder. Once the doctor or specialist nurse has made a full examination, the telescope is removed and you will be provided with wipes to clean yourself and you can climb off the couch. The procedure takes about 10 minutes. If you have any mobility issues, the nursing staff will manage this, dependent on your specific requirements.

The doctor or specialist nurse will explain the results of your examination and any treatment you may require.

You will then be free to go home.

What side effects may there be after this procedure?

It is normal to see some blood in your urine after this procedure. To minimize blood in your urine, it is recommended that you drink plenty of water for 24 hours following the this test. If you have any concerns please contact the nurse specialists or Ward 624.

Some patients can develop a urine infection afterwards.

The symptoms of this are:

- passing urine more frequently
- burning and stinging when passing urine
- high temperature
- feeling hot and cold or shivery
- cloudy or offensive urine

If you experience these symptoms you need to take a urine sample to your doctor and arrange to see him/her. You will probably need a course of antibiotics.

If you need any further information or advice please contact:

**Urology
Queen Elizabeth Hospital
Birmingham
0121 371 6240**

Ward 624: 0121 371 6240

**Urology Specialist Nurses:
0121 371 6926 or 0121 371 6931**

**Ward 624
Urology Department
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham, B15 2GW
Telephone: 0121 371 6240**
