



Cystoscopy

Urological health

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Cystoscopy Video

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Cystoscopy lets your urologist see into your bladder and its opening to examine and treat different problems that affect the urinary tract.

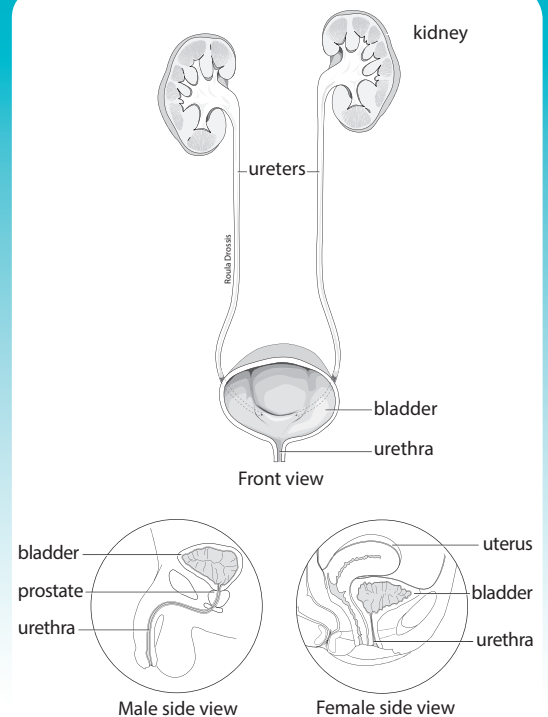
What is cystoscopy?

- Your urinary tract is the system that removes urine from your body. (See diagram: *The male and female urinary tracts*)
- If it is necessary to see inside your bladder and urinary tract, your urologist will do an examination called a cystoscopy.
- During the cystoscopy, a small camera on a thin tube (called a cystoscope) is used to see inside your bladder and the urinary tract.
- Cystoscopy can be done in your urologist's office or in hospital.
- You will be told the date, time, and location of the examination.
- You will need to plan for a ride home if you have a general anesthetic. (See section: *What happens after cystoscopy?*)



Cystoscope

The male and female urinary tracts



What happens before the cystoscopy?

- On the day of your examination, you may be asked to undress and put on a hospital gown.
- You will be asked a few questions and be told about the examination.
- When all is ready, you will be taken to a room to lie down on a special bed.
- Your legs may be lifted and put into stirrups.
- For the cystoscopy, everything is thoroughly cleaned to stop any bacteria from getting into the bladder and causing infection.
- Before the examination begins, a sterilized mixture is used to clean the genital area, which is then covered with a sterilized sheet.

- During the cystoscopy, although you will be awake and may feel something, any discomfort should be manageable.
- Your anesthesiologist will explain your options:
 - a "local" anesthetic ("freezing jelly") is put into your urethra to numb its lining – most often used in simple cystoscopies
 - a light sedation (you will feel very relaxed but awake)
 - general anesthetic (being "put to sleep")
- If extra tests are planned for the cystoscopy, your urologist may recommend either light sedation or general anesthetic.
- For a general anesthetic, you will be asked not to eat or drink anything for a few hours before your procedure.

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What happens during the cystoscopy?

- The cystoscope is passed through the urethra into the bladder. (See diagram: *The male and female urinary tracts*)
- It is important that you are relaxed during the examination.
- The bladder is filled with sterile water.
- Special lenses on the cystoscope are used to look at every part of the bladder's lining. The prostate and urethra might be included. (See diagram: *The male and female urinary tracts*)
- The whole examination usually takes only a few minutes.
- You should be able to get back to your activities right away unless you had a general anesthetic.
- If you had a general anesthetic:
 - You will have to wait before going home until the anesthetic has worn off.
 - You will need a ride home.
 - You should be able to get back to your activities by the next day.

What happens after cystoscopy?

- For a few days after cystoscopy, you may:
 - feel burning when you urinate
 - see blood in the urine
- These symptoms disappear more quickly if you drink plenty of fluids (water as much as you can) and empty your bladder often.
- Your urologist will talk with you immediately after your cystoscopy about what was found.
- If needed, you may be prescribed medication after your cystoscopy.
- Later, you may need to make an appointment to:
 - review all your results
 - plan for more tests or treatments if needed

Notes/diagrams:

Your cystoscopy appointment has been scheduled for:

Day: _____

Date: _____

Time: _____

Location: _____

Notes: _____

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