

# **DENBY STEELE**

## **Urologist**

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### **Flexible cystoscopy**

#### **Before your cystoscopy**

No special preparation or fasting is required.

#### **The cystoscopy**

With an empty bladder on a couch with clothes below the waist removed and after preparation with Chlorhexidine antiseptic, the flexible fibre optic cystoscope is passed up the urethra to inspect it, the prostate in a male and the bladder. Local anaesthetic jelly is not usually used as this inflames the urethra and hurts as much as the cystoscope passage. During the cystoscopy water is run in to the bladder to distend it to enable the entire bladder wall to be inspected. This quick procedure is associated with brief discomfort but is not usually painful.

#### **After your cystoscopy**

You can get dressed immediately after the procedure and may well feel the need to void, or empty your bladder. This may be associated with some dysuria or burning discomfort and there will sometimes be a little blood in the urine. It is not uncommon to feel the need to void more frequently for a while afterwards. This feeling and the dysuria can be eased by drinking more than usual. The dysuria can be eased by urinary alkalizers such as Ural or Citravescent sachets available over the counter at chemists and taken up to four times a day. There is a 1-2% risk of getting a urinary tract infection after a cystoscopy, so if dysuria and frequency persist after 24 hours, particularly if associated with smelly or cloudy urine, your urine should be cultured and antibiotics could be required.