
Cystoscopy, Pyelogram, Lithotripsy and Urinary Stent

A cystoscopy, retrograde pyelogram and urinary stent all involve the urinary tract system in your body.

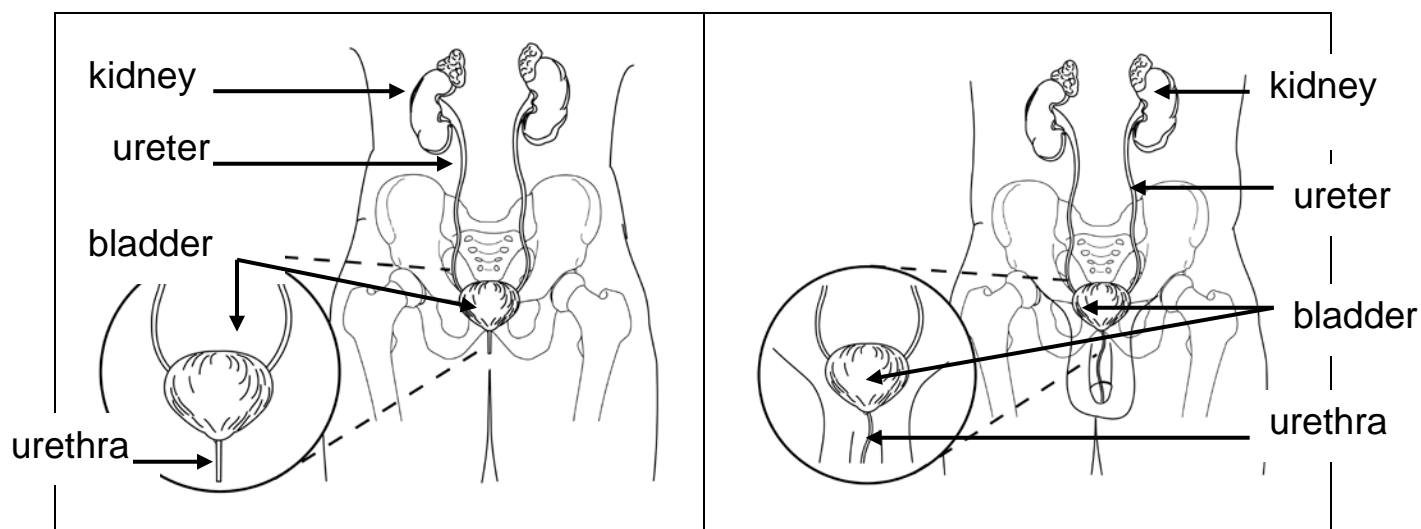
Urine flows from the kidneys, down through the ureters and into the bladder.

Urine then flows from the bladder through the urethra and out of your body when you go to the bathroom.

Urinary Tract

Female

Male



What is a cystoscopy?

A cystoscopy is a way of looking inside the bladder through a small tube with a light at the end called a cystoscope. The bladder holds urine.

The doctor can look for any problems that may be causing trouble passing urine, voiding or peeing. This procedure may be done in the Cystoscopy Room or the Operating Room.

What is a pyelogram?

A pyelogram is a procedure that allows the doctor to see inside your urinary tract. During this procedure, dye is put into the urinary tract. X-ray pictures are taken and the dye allows your doctor to see your kidneys, ureters and bladder. This procedure is done in the Cystoscopy Room.

What is a urinary stent?

A urinary stent is a tiny piece of hollow plastic that is put into a ureter to keep it open. Tissue grows over the stent to hold it in place and urine can flow through. The stent is removed during another procedure after the area has healed. This procedure is done in the Cystoscopy Room.

What is lithotripsy?

Lithotripsy is a procedure that breaks up kidney stones so they are easier to pass. The doctor uses an x-ray or ultrasound to find the exact spot of the kidney stone. Sound waves are aimed at the stone and the stone breaks up into tiny pieces like crumbs. This procedure may be done in the Cystoscopy Room or the Operating Room.

Do I need to do anything before the procedure?

The amount of preparation you need before surgery will depend on where your doctor is going to do your procedure.

If your procedure is going to be done in the Operating Room:

- You will have an appointment to come to the Pre-Admission Assessment Clinic 1 to 2 weeks before the procedure to have any blood tests, x-rays and other tests your doctor orders. Bring a list of all your medications to the clinic so the health care team can see what you are taking.
- In the Pre-Admission Assessment visit, you will learn more about how to get ready for the procedure.

If your procedure is going to be done in the Cystoscopy Room:

- You do not have any special preparation before this day.
- You will come to the Day Surgery Unit at your scheduled time.

On the day of your procedure:

You will come to the Day Surgery Unit at your scheduled time.

Nurses will help you get ready and answer your questions.

If you going to the Operating Room:

A thin needle attached to a plastic tube is put into a vein in your arm. This is called an intravenous or IV. The IV is used to give you fluid and medications.

If you are going to the Cystoscopy Room:

You do not have any special preparation.

What are the kinds of anesthesia I may have?

You will have local anesthetic, light sedation or general anesthetic for the procedure. Your doctor will tell you what you are having during your planning appointment:

- **Local anesthetic:** You will be awake, anesthetic gel is put into your urethra. The gel will feel cold and you may have a slight burning feeling. This numbs the area so you have no discomfort. The doctor inserts the cystoscope and tells you what is seen. It takes about 10 minutes.
- **Light sedation:** You will be given medication to relax in the Operating Room. You will be awake and will feel the doctor inserting the cystoscope. It takes about 10 minutes. You will go back to Same Day Surgery until you are fully alert and able to go home.
- **General anesthetic:** You will be given medication in the Operating Room to go to sleep. The doctor then inserts the cystoscope and takes a biopsy when this is planned. It takes about 20 minutes. You will wake up in the Post Anesthetic Care Unit and then move to Same Day Surgery. You will stay here until you are able to go home.

When you have general anesthetic you:

- must arrange for a responsible adult to go home with you – you cannot drive a motor vehicle or operate machinery for at least 24 hours after you go home
- should have an adult stay with you for the first 24 hours
- cannot not drink any wine, beer or alcohol for 24 hours
- should talk to your doctor about taking what medications to take after your procedure if you take medications regularly

After your procedure

You may see a small amount of blood in your urine and have a burning feeling when you pass urine. This may last a few days and should decrease each time you go to the bathroom.

Drink 6 to 8 glasses of water each day. This will help with the burning feeling and any bleeding you may have.

Call your surgeon or go to the Emergency Department if you:

- have bright red blood in your urine after a few days
- cannot urinate, pass water or pee



Other Instructions:

Appointment with Dr. _____ on: _____
at _____ a.m. p.m.