

Getting Ready for a Cystoscopy

What is a cystoscopy?

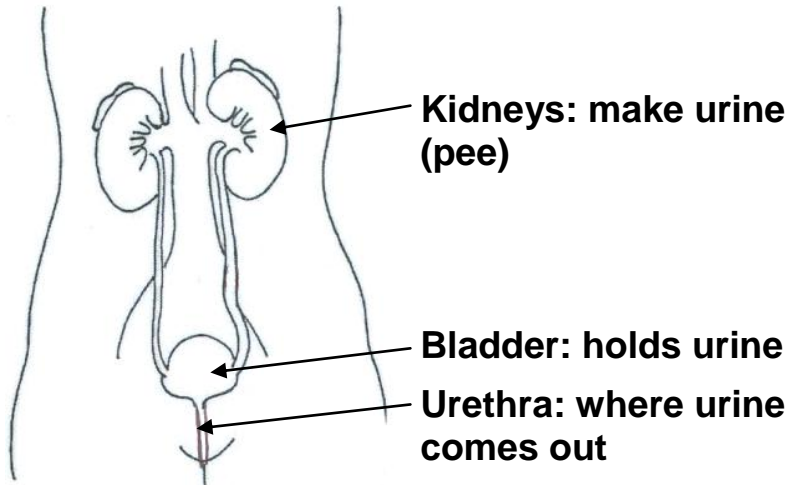
A cystoscopy is a way of looking inside the bladder through a small tube with a light at the end called a cystoscope. The cystoscope is inserted into the urethra which is the part of the body where urine (pee) comes out. The bladder holds urine.

The doctor can look for any problems that may be causing trouble passing urine, voiding or peeing.

During the cystoscopy, your doctor may take a small piece of bladder tissue for testing. This is called a biopsy. A special doctor then looks at the tissue under a microscope to see if the cells are normal or not.

There is a picture on the next page.

Parts of your body:



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
- **Call your doctor if you have any questions or concerns.**

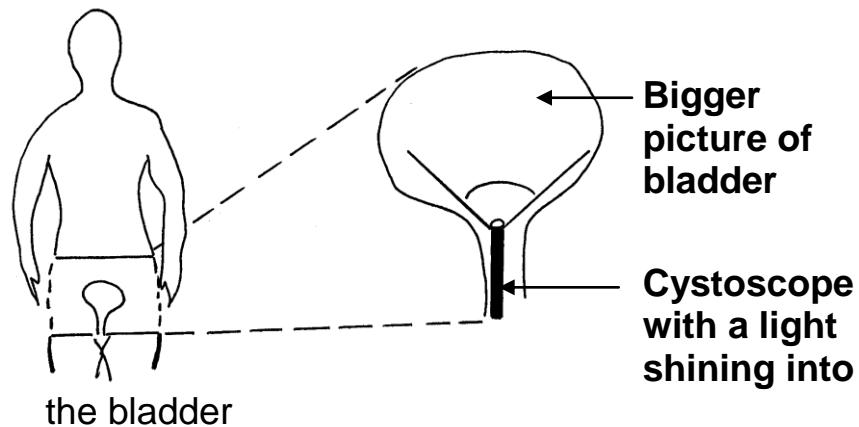
Other Instructions:

Appointment with Dr. _____

Date: _____

Time: _____ a.m. p. m.

The bladder, urethra and cystoscope:



After a General Anesthetic remember:

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

On the day of your procedure:

Arrive at the Day Surgery Unit at your scheduled time. Nurses will help you get ready for your procedure 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 going to the Cystoscopy Room:

You do not have any special preparation or IV.

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.

Preparing for your procedure:

The preparation you need before this procedure depends on:

- where your doctor is going to do your procedure **and**
- the type of anesthesia you are having

☐ 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

If you do not know where you are having your cystoscopy, contact your doctor's office and ask.

Type of anesthesia you 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:

☐ If you are having a local anesthetic:

You are awake during the procedure. Your doctor puts an anesthetic gel into your urethra. This numbs the area so you have no discomfort. The gel feels cold and you may have a slight burning feeling.

The doctor then inserts the cystoscope and tells you what he or she sees.

The procedure takes about 10 minutes. If you have this done in the Cystoscopy Room, you are able to walk out of the Cystoscopy Room after the procedure. You go home from the Day Surgery Unit after your doctor has talked to you.

☐ If you are having light sedation in the Operating Room:

The anesthesiologist puts medication into the IV so you feel very relaxed right away. You are awake during the procedure and feel the doctor inserting the cystoscope.

The procedure takes about 10 minutes. You go back Day Surgery Unit until you are fully alert and able to go home.

☐ If you are having a 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. The procedure 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.

- 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

If you do not know what type of anesthetic you are having or where you are having your cystoscopy done, please contact your doctor's office and ask.