

# Cystoscopy in Clinic

## Patient Information – Urology Service

### What is a cystoscopy?

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A cystoscopy is the examination of the lining of the bladder, urethra (tube from the bladder that empties the urine) and prostate (in males) using a flexible telescope about the thickness of a pen. This procedure is called a flexible cystoscopy.

It is usually performed to find out the cause of a symptom, such as blood in the urine (known as haematuria) or other problems with the waterworks.

### How is the test performed?

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Local anaesthetic gel is inserted into the urethra. The flexible cystoscope is then passed up the urethra and into the bladder. Once the scope has reached the bladder, the inside of the bladder can be examined for stones or other abnormalities. The inside of the urethra is inspected at the same time. Tiny tissue samples (biopsies) may also be taken.

If more investigations or surgery are needed, you will be advised at the appointment.

### Possible complications

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The procedure itself is not usually painful although it can be uncomfortable. Usually, once the instrument has reached the bladder the discomfort eases.

After cystoscopy, infection or blockage are uncommon but can occasionally occur. If you feel this may have happened to you, please contact your GP immediately, or visit an After Hours or Urgent Care centre, or the Emergency Department at your local hospital.

Occasionally, there can be a small amount of blood the first time you pass urine after this procedure. Stinging in the urethra can also be experienced the first time or two that you pass urine after a flexible cystoscopy.

### Notes

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There is no special preparation for this procedure, although emptying the bladder prior to cystoscopy is helpful. You may eat and drink before the examination and you may drive yourself home afterwards. Following a cystoscopy, it is useful to drink extra fluids for 24 hours.

## Contact information

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If you have any concerns about having this procedure or have any questions about the test, please call one of our continence nurse specialists on (03) 364 0541 or (03) 364 1008.

For more information about:

- Hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)
- Your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- NZ Continence Association, go to [www.continence.org.nz](http://www.continence.org.nz)

For information on parking, how to get to the hospital, and visiting hours, please visit [www.cdhb.health.nz](http://www.cdhb.health.nz)