

SOUTH BAY UROLOGY MEDICAL GROUP, INC.

A DIVISION OF USSC

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CYSTOSCOPY

A cystoscopy is a procedure that allows your doctor to look directly inside the bladder and urethra. To perform this procedure, your doctor will use a cystoscope, which is a telescope-like instrument used to evaluate the anatomy of the inner surface of the bladder, urethra, and - in men - prostate. It is a routine procedure usually done in the office or at a surgery center that will help your doctor to diagnose potential issues with the urinary tract. It can be performed for a variety of reasons but is often essential for directing the management of urologic conditions.

Before the procedure

Allow approximately 30-60 minutes for the entire appointment. You will be able to drive yourself to and from the appointment. Be sure to confirm with your doctor whether or not you may continue to take any blood thinning medications. Please inform your doctor if you have a prosthetic implant that requires special antibiotics prior to invasive procedures. Please report any symptoms of burning, bladder pain, urinary frequency, or other possible signs of infection prior to the procedure.

The procedure

You will be escorted into the examination room usually after providing a urine specimen to ensure there is no evidence of infection. You will lie on the examination table or - in some cases - be placed in stirrups. The nurse will then prepare you for the cystoscopy by washing the urethral area.

The doctor will then insert the instrument into the urethra and bladder. During the procedure, sterile fluid will be flowing into the bladder in order to distend it and allow for better visualization. The cystoscope will then be withdrawn. The procedure itself will take no more than 5 minutes.

After the procedure

Immediately after the cystoscopy, the nurse will provide you with an antibiotic to decrease the chance of infection. Please confirm your medication allergies with the nurse prior to taking the antibiotic. It is common to have some mild hematuria (blood in the urine), burning when urinating, and bladder pressure after the procedure. These symptoms should improve with each urination and resolve completely after a day or two. Drink plenty of water to allow the bladder and urethra to heal.

Please report the following conditions:

- Heavy bleeding which is worsening with blood clots
- Burning that is worsening or lasting more than a few days after the procedure
- Fever > 101⁰F
- Inability to urinate

As always, please do not hesitate to contact the office if any issues or questions arise