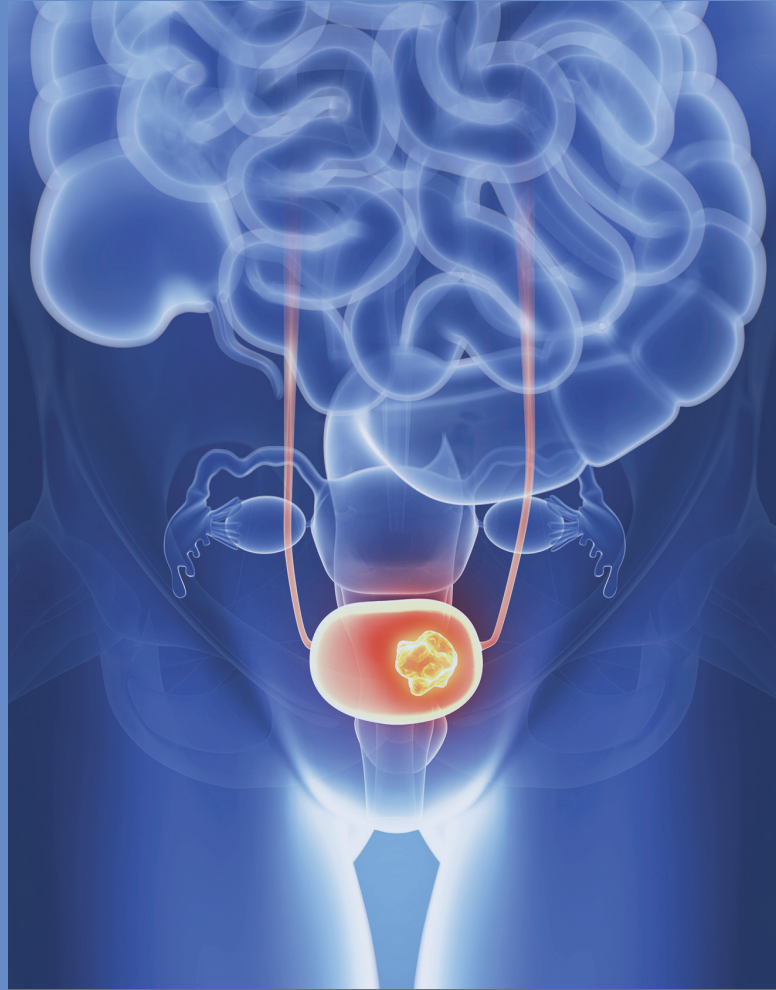


CYSTOSCOPY

A PATIENT'S GUIDE



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WHAT IS A CYSTOSCOPY?

When you are experiencing problems associated with your bladder and urinary system, your Colorado Urology physician has the most advanced tools and techniques to diagnose conditions that cause urinary symptoms.

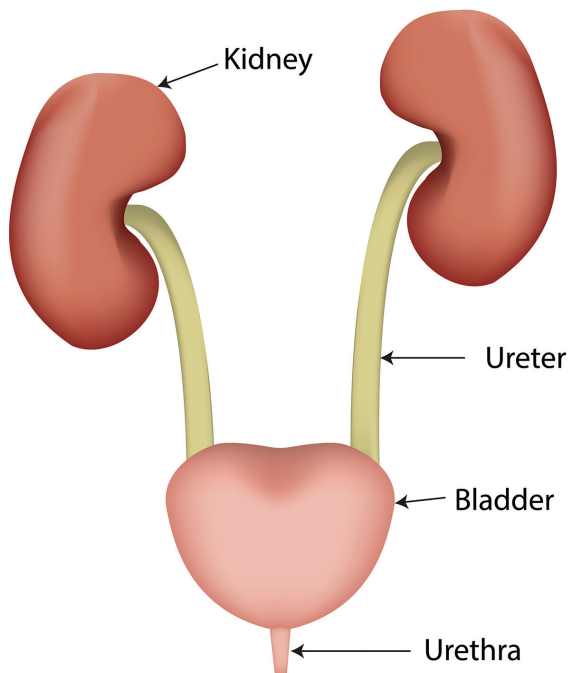
Cystoscopy is a common diagnostic procedure that enables your urologist to look directly inside the bladder and urethra, the tube that carries urine from your bladder to the outside of your body. Utilizing an instrument called a cystoscope, a small, flexible, hollow tube equipped with a special lens and light at the end, your urologist can carefully view and examine the urethra and bladder, and in men, the prostate. This allows the urologist to identify inflammation, obstruction, or tumors.

UNDERSTANDING YOUR URINARY SYSTEM

The urinary system removes wastes from your body through urine and includes the urethra, bladder, ureters, and kidneys.

Your kidneys collect unneeded chemicals and water, making urine. The urine then travels through the small, long tubes called ureters to the bladder, where it is stored until you are ready to release it. The urethra is the tube that carries the urine from your bladder out of your body.

The Urinary System



WHY A CYSTOSCOPY IS PERFORMED

Your urologist performs the cystoscopy to diagnose and treat certain urinary symptoms and conditions that affect your urethra and bladder including:

- Gross hematuria, or blood in the urine that you can see
- Microscopic hematuria, or blood in the urine that is viewed only under a microscope
- Lower urinary tract symptoms that may need intervention, such as slow flow or frequency
- Urinary retention
- Bladder cancer
- Bladder stones
- Recurrent urinary tract infections
- Burning or discomfort with urination
- Urinary incontinence and overactive bladder
- Enlarged prostate/BPH
- Removal of a urethral stent or other foreign body

Your doctor may also conduct a second procedure called a ureteroscopy at the same time as your cystoscopy to examine the ureters, the tubes that carry urine from your kidneys to your bladder.

PREPARING FOR YOUR CYSTOSCOPY

Your healthcare team will provide you with instructions to help you prepare for your procedure.

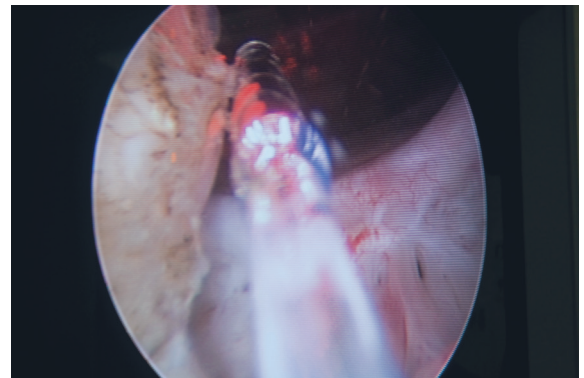
- You may be prescribed antibiotics to take before and after your cystoscopy.
- Make sure to tell your physician about any medications you are taking or allergies to medications you have before the procedure.
- You may be instructed to stop all or some of your medications before the procedure. Please follow the instructions from your healthcare team.
- Plan for your appointment to take up to one hour and arrive at least 30 minutes before your procedure.
- Arrive with a full bladder. You may need to give a urine sample before your cystoscopy.
- Have a ride home following the procedure if you will be receiving anesthesia

A tiny video camera is attached to the cystoscope which projects live images of the urethra and bladder. Different angled lenses provide your urologist with a clear view of the whole bladder. If necessary, special instruments can be passed through it to perform trans-urethral procedures such as stone removal and bladder tumor resection.

WHAT TO EXPECT DURING YOUR CYSTOSCOPY

The cystoscopy is typically performed in a Colorado Urology ambulatory surgery center (ASC) and is a same-day/outpatient procedure.

- You will be asked to empty your bladder before lying down on your back on the table.
- Generally, a cystoscopy does not require sedation, but if your physician ordered a light sedative, it will be administered.
- Your urethra will be washed with antiseptic to minimize any risk of infection.
- A jelly will be applied to your urethra, and then your doctor will carefully insert the cystoscope into the urethra.
- Your doctor will examine your urethra and bladder through the lens that is attached to the end of the scope as it makes its way up into your bladder. In men, the urologist will also examine the prostate gland.
- Your doctor may take tissue samples (a biopsy) for testing or perform another procedure to remove any small tumors.
- When the cystoscopy is complete, the cystoscope is gently removed and you'll be able to empty your bladder.

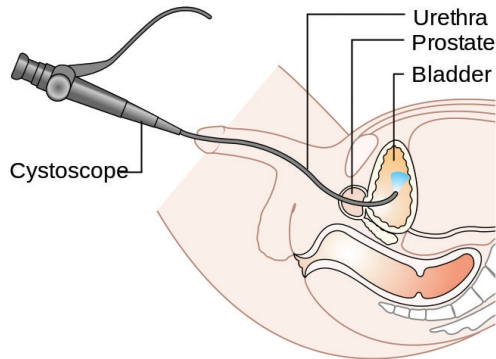


WHAT IS THE UROLOGIST LOOKING FOR?

During the cystoscopy, your doctor will be looking for:

- Bladder tumors
- Bladder stones
- Urethral scars, or strictures (narrowing)
- In men, if the prostate is enlarged or blocking the urinary channel
- Infection and inflammation

Male



Female

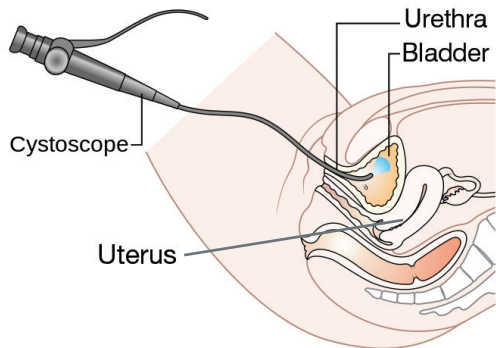


Illustration courtesy of Cancer Research UK / Wikimedia Commons

AFTER YOUR CYSTOSCOPY

- You will be able to go home after your cystoscopy. If you received sedation or anesthesia, you will remain in a recovery room until the medication's effects have worn off. You may also need someone to drive you home.
- You may experience a burning sensation when you urinate, or light bleeding. This is normal.
- Acetaminophen (Tylenol) usually helps with any discomfort.
- If you experience heavy bleeding, blood clots, burning that lasts longer than one day, fever, or trouble urinating, call your urologist.
- You may experience more frequent urination a day or two after the cystoscopy.
- If you were sedated for the cystoscopy, take it easy for the remainder of the day.
- Drink plenty of water to flush out your bladder during your recovery period.

RESULTS OF YOUR CYSTOSCOPY

In most cases, your provider will discuss the results of your cystoscopy right after your procedure. If you had a tissue biopsy, the samples must be sent to a lab for analysis and your results will take about one week. If you have not received the results of your biopsy within two weeks, please contact your provider's office.

Based on the findings of your cystoscopy, your urologist will recommend a treatment plan for you and any further necessary tests.

ARE THERE RISKS?

Complications following the cystoscopy procedure are rare but can include:

- Infection of the urinary tract
- Hematuria or the presence of blood in the urine
- Painful urination or abdominal discomfort

These side effects, if experienced, are typically mild and subside shortly after your procedure.

If you experience any of the following symptoms, call your provider right away or go to the nearest emergency room:

- Heavy bleeding or blood clots
- Inability to urinate
- Severe abdominal pain
- Fever and/or chills
- Painful urination that lasts more than two days

