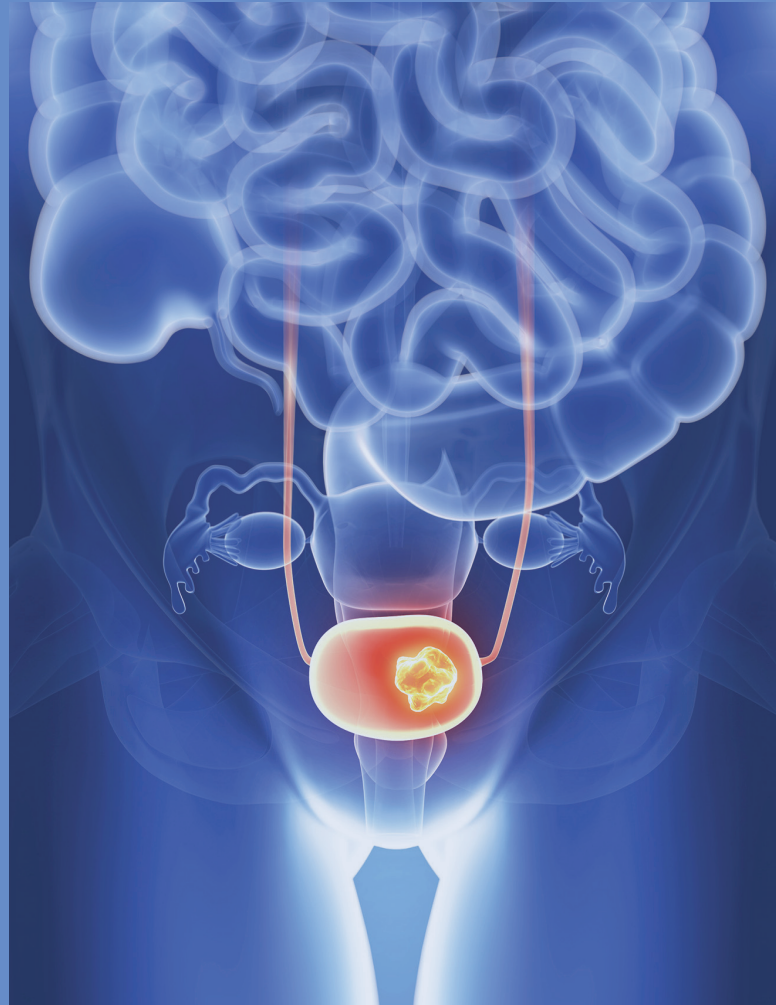


# Diagnostic Cystoscopy

**A PATIENT'S GUIDE**



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## What is a Diagnostic Cystoscopy?

When you are experiencing problems associated with your bladder and urinary system, your Chesapeake Urology physician has the most advanced tools and techniques to diagnosis 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

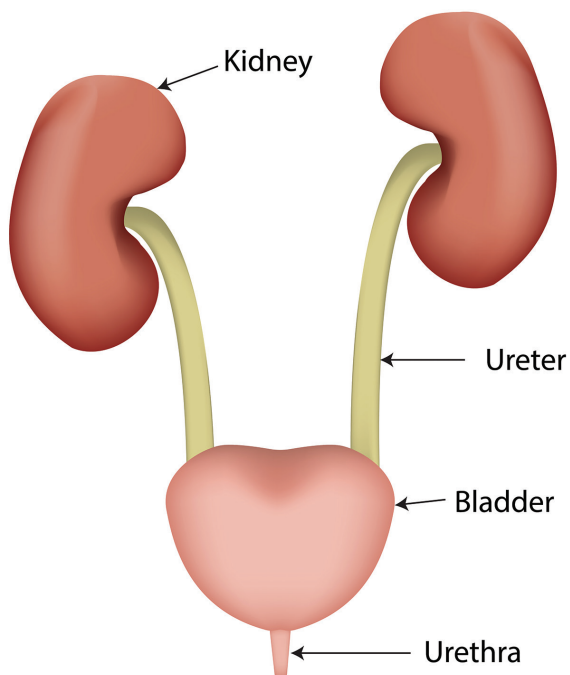
carries urine from your bladder to the outside of your body. Utilizing an instrument called a cystoscope, a small, flexible, hollow tube equipped with a special lens and light at the end, your urologist is able to carefully view and examine the lining of your bladder, prostate and urethra for any indications of inflammation, obstruction and small 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 canal or 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

## PREPARING FOR YOUR CYSTOSCOPY

Your Chesapeake Urology health care team will provide you with instructions to help you prepare for your procedure. You will be asked to:

- Stop taking medications, as instructed by your physician.
- Plan for your appointment to take up to one hour and arrive at least 30 minutes prior to your procedure. Have a ride home following the procedure if you will be receiving anesthesia.
- Make sure to tell your physician about any medications you are taking or allergies to medications you have prior to the procedure.

*Talk about high definition...your urologist can attach a tiny video camera to the cystoscope to view live images of the urethra and bladder on a monitor. Different angled lenses provide your urologist with a clear view of the whole bladder. If necessary, this tiny scope is so multipurpose that 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 usually performed in Chesapeake Urology's Summit Ambulatory Surgery Center (ASC) by your urologist. The outpatient procedure usually takes about five minutes to perform, unless further biopsy or tumor removal is required.

- You will be asked to empty your bladder before lying down on your back on the table.
- Your urethra will be washed.
- An anesthetic jelly will be applied to your urethra to numb the area, and then your doctor will carefully insert the cystoscope into the urethra.
- Generally a cystoscopy does not require sedation, but if your physician ordered a light sedative, it will be administered.
- 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
- In men, if the prostate is blocking the channel
- Infection and inflammation

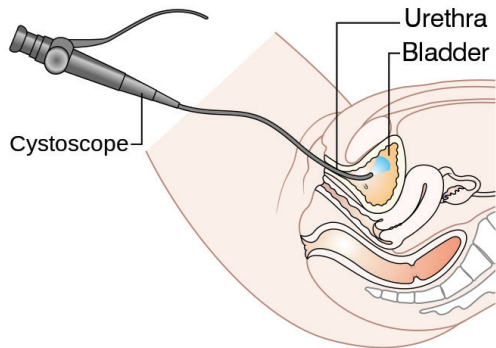
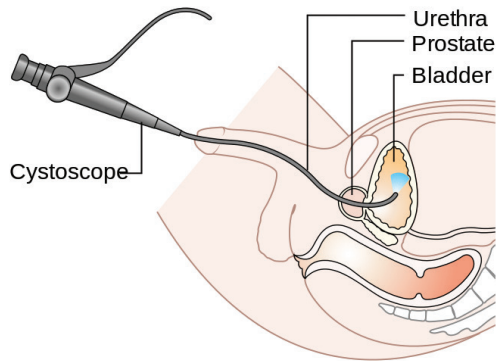


Illustration courtesy of Cancer Research UK / Wikimedia Commons

## WHAT TO EXPECT 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 (such as Tylenol) usually helps with any discomfort.
- You may experience more frequent urination a day or two after the cystoscopy.
- Drink plenty of water to flush out your bladder.
- If you were sedated for the cystoscopy, take it easy for the remainder of the day.
- If you experience heavy bleeding, blood clots, burning that last longer than one day, fever or trouble urinating, call your urologist.

## RESULTS OF YOUR CYSTOSCOPY

In most cases, your doctor will be able to discuss the results of your cystoscopy right after your procedure. If you had a tissue biopsy, however, tissue samples must be sent to a lab for analysis and your results will take about one week. Based on the findings of your cystoscopy, your urologist will recommend a treatment plan for you and any further necessary tests.

## FREQUENTLY ASKED QUESTIONS ABOUT CYSTOSCOPY

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### **Q: Why do I need to have a cystoscopy?**

**A:** If you are experiencing out of the ordinary urinary symptoms such as blood in the urine (hematuria), urinary retention, frequent urinary tract infections, burning or discomfort with urination, or any lower urinary tract abnormality, your urologist will want to perform a diagnostic cystoscopy to examine the lining of your bladder and urethra for any indications of inflammation, obstruction and small tumors.

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### **Q: What is the cystoscope and how does it work?**

**A:** A cystoscope is a small, flexible, hollow tube equipped with a special lens and light at the end to view the lining of the urethra and bladder as it is slowly advanced through the urinary tract. A tiny video camera can also be attached to the end of the scope to provide your urologist with real-time images. In addition, small instruments can be inserted through the tube that allow your urologist to take tissue samples and even remove small bladder stones and perform tumor resection, if necessary.

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### **Q: Will the cystoscopy procedure hurt?**

**A:** Any minor discomfort from the insertion of the cystoscope through the urethra is alleviated by using an anesthetic jelly prior to the procedure which numbs the area. In some cases, your urologist will administer a mild sedative or anesthetic. Your doctor and nurse have your utmost comfort in mind throughout the procedure. After the cystoscopy, you may experience a mild burning sensation with urination, but most patients do not experience complications or pain during or following the procedure. Tylenol will help with any mild discomfort.

### **Q: What is my urologist looking for during a cystoscopy?**

**A:** A cystoscopy is a diagnostic procedure where your urologist is working to identify the cause of your urinary symptoms. During the cystoscopy, your doctor will be looking for:

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

### **Q: When will I receive the results of my cystoscopy?**

**A:** In most cases, your urologist will be able to discuss the results of your cystoscopy right after your procedure, alleviating any worry about waiting for answers to your urinary symptoms. If you had a tissue biopsy, however, tissue samples must be sent to a lab for analysis and your results will take about one week. Based on the findings of your cystoscopy, your urologist will recommend a treatment plan for your diagnosis and any further necessary tests.