

Notes

Contact details

If you require further advice, please do not hesitate to contact the Day Surgery Unit.

Surgical Short Stay Unit

Telephone: 01483 406828.

Day Surgery Unit

Telephone: 01483406783
Monday–Friday, 8am–6pm

Out of hours advice:

Call 111 (formerly NHS Direct)
www.nhsdirect.nhs.uk

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Patient information leaflet

Cystoscopy, cystodiathermy and urethral dilatation



Day Surgery Unit

What is a cystoscopy?

The procedure involves an investigation of the inside of your bladder. The surgeons will pass a fibre optic camera up your urethra (where your urine comes out) and examine the lining of your bladder.

What treatment is available?

1. **Biopsy.** Samples can be taken of an area of the bladder lining. It may be several days before the results are available.
2. **Cystodiathermy.** This involves the cauterisation of small collections of abnormal cells, thus killing the cells off and preventing them growing or spreading.
3. **Urethral dilatation.** This procedure involves gently stretching your urethra. It is performed if the muscle there has tightened, causing problems with passing urine.
4. **Removal or change of stent.** This procedure is performed if you have had a stent placed in your ureter, which is the tube leading from the kidney to the bladder.

What are the alternatives?

X-rays and ultrasound scans may go some way to explaining your symptoms. However a cystoscopy gives the clearest picture of the condition of your bladder.

What are any potential risks and complications?

Difficulty in passing urine

The procedure can sometimes cause the urethra to temporarily narrow, leading to difficulty in passing urine. You will be asked to pass urine before you leave the unit to minimise possible problems. If you experience an inability to pass urine once at home, contact the surgical team at the hospital for advice by ringing switchboard on **01483571122** and asking to speak to 'the urology surgeon on call'.

Infection

Drinking plenty of fluids will help prevent infection following this procedure. However, if your urine becomes cloudy or foul-smelling, or you develop a fever, see your GP who can prescribe antibiotics.

What may I experience following my operation?

Stinging sensation:

Stinging when passing urine for a while afterwards is quite normal. You may feel like you need to empty your bladder even when it is not full. Make sure you drink at least 8 glasses of fluids a day, following your operation.

Bleeding:

It is normal for the urine to be bloodstained after this procedure, particularly if biopsies have been taken. If the urine is dark red, you may not be drinking enough. If the dark

staining persists or you are passing any clots please contact your GP.

Can I wash normally?

You may shower or bath as usual, but avoid using perfumed bath products whilst you are still bleeding.

What about work ?

You are advised to take the day following your surgery off work, to allow recovery from your anaesthetic.

When can I resume sexual intercourse?

You may resume sexual relations once any bleeding has stopped and you feel comfortable and able.

Will I require an outpatients appointment?

If required a follow up appointment will be sent to you through the post.

Reference source(s):

- www.surreyandsussexurology.co.uk
- www.surgerydoor.co.uk