

# Flexible Cystoscopy

Day Surgery Unit



Patient information leaflet

## What is a flexible cystoscopy?

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A flexible cystoscopy is a procedure that enables a clinician to look in your bladder using a thin, flexible telescope called a cystoscope. The cystoscope is inserted up the urethra (the tube that carries urine from the bladder to the outside of the body) and into the bladder.

## Why do I need a flexible cystoscopy?

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**A flexible cystoscopy may be carried out to diagnose the cause of symptoms such as:**

- Blood in your urine (haematuria)
- Urine incontinence.
- Recurrent urinary tract infections.
- Persistent pain when passing urine.
- Unusual cells found in urine samples.
- Difficulty passing urine due to narrowing of the urethra.
- Prostate assessment.
- Removal of stents.

## What are the alternatives?

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This is dependent on the symptoms. Another form of cystoscopy (a rigid cystoscope) may be required to treat some type of bladder conditions. However a general anaesthetic would be required for this procedure.

## About the procedure

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**You will be asked to provide a urine specimen for routine analysis prior to the procedure.**

The procedure will be carried out by either a doctor or a Urology Nurse Specialist.

During the procedure the doctor/nurse will instil a gel containing a local anaesthetic into your urethra, this will numb the lining of the urethra so as to allow the cystoscope to pass with as little discomfort as possible.

A flexible cystoscopy will normally take about 5–10 minutes. However, it may take longer depending on the nature of your complaint.

The doctor or nurse carrying out the procedure will answer any questions you have prior to signing your consent.

## **What happens after my flexible cystoscopy?**

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You may experience some mild discomfort and a slight burning/stinging sensation when you pass urine. You may also find that you need to urinate more frequently and that you notice some blood in your urine. These symptoms may continue for the next day or two.

**You should aim to drink about two litres of water over the first 24 hours to help flush the urinary system.**

## **Are there any potential complications?**

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Complications are uncommon but it is possible that you may develop a Urinary Tract Infection(UTI) and need antibiotics to treat this. If you continue for more than two days to experience burning/stinging/bleeding when passing urine, develop a temperature, or your urine becomes offensive smelling please consult your GP or practice nurse.

## **Other information**

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**Please inform the admissions department if you have a latex allergy as this will allow for an appropriate time slot to be allocated.**

**Please can all visitors or escorts remain in the main waiting area of the Day Surgery Unit.**

## Any complaints or comments?

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If you have any complaints or comments please contact the doctors or nurses straight away. If this does not solve the problem please contact the Day Surgery Unit Manager on **01483 406732** or write to:

Day Surgery Unit  
Royal Surrey County Hospital  
Egerton Road  
Guildford  
Surrey  
GU2 7XX

Similarly if you have any comments about the service provided we would also like to hear from you.

**These notes will not cover everything. If you want to know more then please ask.**

## Reference source

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- [www.macmillan.org.uk](http://www.macmillan.org.uk)
- The Oxford Handbook of Urology
- [www.baus.org.uk/patients/patients+information/bladder](http://www.baus.org.uk/patients/patients+information/bladder)







## Contact details

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If you require further advice, please do not hesitate to contact us.

### Day Surgery Unit

**Telephone:** 01483 406783 (Monday–Friday, 8am–6pm)

### Out of hours advice

**Telephone:** Call 111 (formerly NHS Direct)

**Website:** [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

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## PALS and Advocacy contact details

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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](mailto: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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