



CYSTOSCOPY

A cystoscopy, or cystourethroscopy, is a procedure that is performed by your physician that allows him to see the inside of your lower urinary tract (urethra, prostate, bladder neck, and bladder). This procedure can be used to detect abnormalities of the lower urinary tract.

If you are not on Medicare, call your insurance company for pre-certification. If they have any further questions, have them call Urology Specialists at (605) 336-0635, or at (800) 657-5880.

Cystoscopy may be used to

Evaluate and diagnose the following conditions:

- Bladder cancer
- Hematuria - blood in the urine
- Chronic pelvic pain
- Frequent UTI's - urinary tract infections
- Interstitial Cystitis
- Painful urination
- Urinary blockage caused by an enlarged prostate – BPH
- Narrowing of the urinary tract - strictures, polyps, or tumors
- Urinary incontinence or overactive bladder
- Urinary stones
- Removal of stents placed as result of kidney stones or renal transplant

What is a Cystoscope?

A cystoscope is a telescope - like instrument that contains lenses and fiberoptics (small glass wires that make bright light). The cystoscope may be straight and rigid, or flexible to bend around curves in the urethra.

Getting Ready

To prepare, stop taking any medications as instructed. You may eat and drink prior to your procedure. Follow any instructions your physician gives you.

Tell your physician before your exam if you:

- Take any medications, such as aspirin or blood thinners
- Have allergies to any medications or latex
- Are pregnant

Procedure

Your cystoscopy will be performed in the physician office. Your physician and nurse are present during the procedure. It takes only a few minutes, longer if a biopsy or treatment needs to be done. During your procedure:

- 1 You will be positioned on your back on the procedure table. You will be covered with a drape.
- 2 The nurse will cleanse the area around your urethra.
- 3 Pain medication is usually not needed. If a more extensive procedure is to be done, such as kidney stone removal or a biopsy, this will be scheduled at the hospital under general anesthesia.
- 4 The cystoscope will be inserted. Sterile fluid is placed in your bladder to expand it. You may feel pressure from the fluid.
- 5 When the procedure is finished, the cystoscope is removed.

After the Procedure

It is recommended that you have a responsible adult drive you home after the procedure.

- Drink plenty of fluids, 6-8 glasses of water a day. This will help dilute the urine, causing less burning upon urination.
- You may have burning or spotting of blood in your urine, this is normal and will be relieved by drinking plenty of water and resting.
- Call your doctor if you have heavy bleeding or blood clots, burning that lasts more than a day, a fever over 100 F, or if you are unable to urinate.

Notes: