

Urology – Cystoscopy (flexible and rigid)

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine operations. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when your treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital for your operation. The guidance has been written by clinicians who are responsible for your care.

Guidance for Patients

Whilst you are waiting for your procedure, please be aware of the following possible symptoms and what you should do to if they occur:

- **Cloudy and /or foul smelling urine and/or pain on passing urine**
This might indicate that you have a urinary infection. If this occurs, please contact your GP for treatment as your procedure is unlikely to go ahead if there is a urine infection. Please also alert the Hospital team on the number below as they may need bring your appointment forwards.

- **Blood in your urine**
If this is light, please call the hospital team on the number below as they may need to bring your appointment forwards
If this is heavy or you have clots of blood, please call 111 or speak to your GP
NB: the best way to test this is to pass urine into a clear bottle. If you can see through the liquid, then the bleeding is light. If you are unable to see through the liquid, the bleeding is heavy.

- **Increased difficulty in passing urine**
If this occurs, please contact the hospital team on the number below.

Please also refer to the appropriate leaflet about your cystoscopy procedure via the link below for further information from The British Association of Urological Surgeons (BAUS).

[Rigid cystoscopy.pdf \(baus.org.uk\)](#)

[Flexible cystoscopy.pdf \(baus.org.uk\)](#)

My Planned Care Patient Information Platform

If you have already attended for your pre-operative assessment, please ensure you understand the following requirements:

- If you are having a **rigid cystoscopy**, you will need to fast prior to the surgery. If you have eaten within 6 hours of your surgery it may not be able to go ahead (Clear fluids only are permitted up to 1 hour before surgery).
- If you are taking blood thinning medication this will need to be stopped prior to surgery. Please check that you understand when you need to stop these.
- If you have Diabetes, this will need to be managed prior to surgery. Please check that you understand the instructions around your diabetic medicines and surgery.

If you are unsure of what you need to do regarding the above, please contact the hospital team prior to attending for your surgery.

If your symptoms are improving or if you would like to discuss your treatment options further, please contact your hospital team on the contact details below. Please note that we would continue to strongly recommend cystoscopy if you have seen any blood in your urine.

What should I do if my health is deteriorating?

If you feel very unwell, please contact your GP surgery or call 111

Contact Us

Urology POD –Epsom and St Helier
sthegh.urology@nhs.net
01372 735 097