

# Having a day case flexible cystoscopy

Department of Urology

Produced: Jul 2020

Review: Jul 2023

Information for patients

Leaflet number: 701 Version: 10

## What is a flexible cystoscopy?

Your doctor has recommended that you have a flexible cystoscopy. This is a technique that allows the surgeon to pass a small telescope along the urethra into your bladder (see diagrams over the page). There will be no cuts or stitches involved. The cystoscopy will take place whilst you are awake. Lubricating jelly will be applied to the urethra to allow the telescope to pass through the urethra more easily.

## What are the benefits?

The procedure allows the surgeon to see clearly into the bladder, to give an accurate diagnosis of the problem.

## Are there any possible complications?

Most people have no trouble after flexible cystoscopy. However occasionally complications do occur:

- **Haematuria** (blood in the urine) may happen after the cystoscopy. This is normal and should settle within a day or two.
- **Urine infection:** you may be sent home with a course of antibiotics as a precaution against this risk.
- **Mild burning** on passing water and some increased frequency in passing water may occur, but usually gets better within 48 hours.

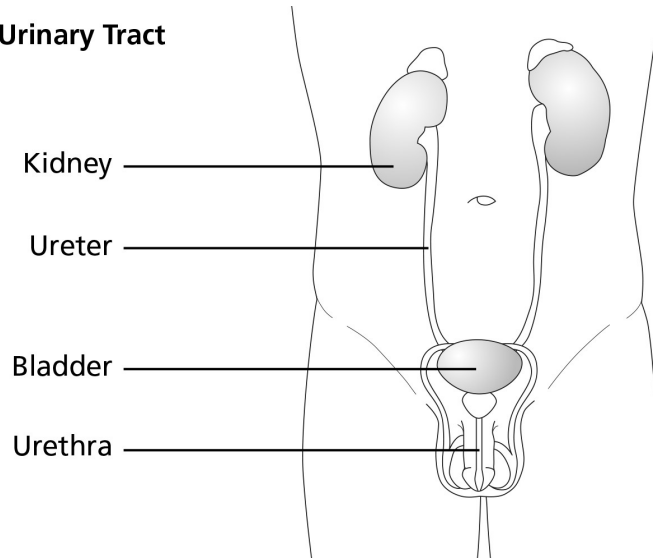
**You will have time to discuss all these risks with the doctors and nursing staff before you consent to having a cystoscopy.**

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

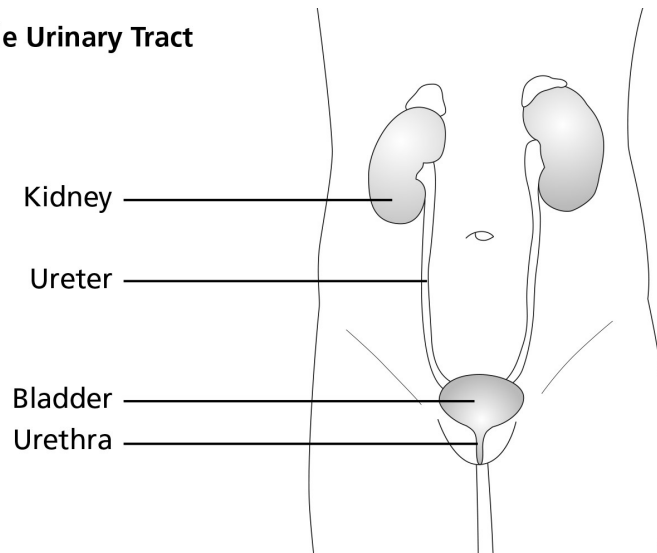
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## Understanding your anatomy

**Male Urinary Tract**



**Female Urinary Tract**



Please tell us if you think you may be pregnant

## Are there any alternatives?

It may be possible for you to have a cystoscopy under general anaesthetic (whilst you are asleep), but this procedure has more risks associated with it.

## Preparing for your procedure

### Please read the following important information:

- If you are ill, or cannot keep your appointment for some other reason, please let us know as soon as possible. Another patient may benefit from the cancellation of your appointment.
- If you feel worried or nervous and want to talk to someone, please feel free to ring the nurses on the Day Case Unit.

Please ring one of the numbers below:

Monday to Friday 10.00 am - 4.30 pm.

**Leicester General Hospital 0116 258 4192 (Day Case 1)**

**0116 258 8130 (Day Case 2)**

**Outside these hours contact: Urology Emergency Admissions**

**0116 258 4247**

## What do I need to do before my procedure?

- Read your admission letter carefully.
- Do not wear any jewellery, except for a wedding ring.
- Do not bring any valuables with you into hospital. University Hospitals of Leicester NHS Trust cannot accept responsibility for loss or damage to personal belongings.
- Do have a bath or shower before you come into hospital.
- Do wear comfortable clothing and footwear to go home in.

**Expect to wait on the unit before your surgery.**

## What do I need to bring with me on the day of my procedure?

- Your appointment letter. The time you are given to arrive is not the time of your procedure. The surgeon needs to see you before the start of the list, so you may be waiting for your procedure for between two and four hours.
- Any drugs, medicines or inhalers you are using. Please take your necessary medication before attending. Please consult your GP or clinic about stopping warfarin, clopidogrel and aspirin before the procedure.
- A contact number for your lift home, if needed.
- A dressing gown and slippers, if you have them.
- Something to do while you are waiting, such as a book or magazine to read.

**Do not drive** for at least 48 hours.

**Driving under the influence of anaesthetic drugs might be considered a criminal offence and could affect your insurance cover.**

## What will happen when I am on the Day Case Unit?

You should come to the Day Case Unit and report to reception.

- Your details will be checked and you will be directed on to the ward or to the waiting room where a nurse will collect you.
- The nurse will talk to you about your procedure and ask you a few questions.
- You will meet one of the surgical team who will ask you to sign a consent form. This may take place on the ward or in theatre. Please ask your surgeon if there is anything you do not understand before you sign the form.
- You will need to change into theatre gown - the nurse will tell you when to do this, and then take you to theatre.

## What happens after the procedure?

You will return to the day ward and staff will make sure you are comfortable, and provide you with refreshments. You will need to pass urine before you can go home.

**Pain** - most people do not experience any pain, but any discomfort after your cystoscopy can usually be controlled with paracetamol (or a similar pain killer). If you are unsure, contact us for advice.

**Diet** - you can eat and drink as normal straight away. It is best to drink plenty of fluids, at least two to three litres (four to five pints) in the first 24 hours. This will make you pass more water, flushing your bladder regularly.

**Driving** - having a flexible cystoscopy does not affect your driving. You may drive to the hospital and home again after the procedure.

**Work** - you can return to work the day after your procedure.

**Sex** - you can resume sexual activity as soon as you feel comfortable.

**Physical activity** - having a flexible cystoscopy does not mean that you should restrict your physical activity in any way.

## What happens next?

The answer to this question depends upon the result of the cystoscopy and any other investigations you may have had. These results will allow the team to advise you about any necessary further tests, treatment or appointments and when you should expect these.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਸਿ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)