

THE UROLOGY GROUP

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CYSTOSCOPY

What is cystoscopy? A procedure in which a small, thin camera is placed in the bladder through the bladder tube (urethra).

Why do I need a cystoscopy? Cystoscopy may be recommended as part of an evaluation for blood in the urine or recurrent urinary tract infection. Cystoscopy provides evaluation of the bladder tube (urethra), the bladder and the prostate in men. This study checks the health of the bladder lining and the anatomy of the bladder. Abnormalities such as bladder tumors, stones or ulcers can be identified.

How does the test work? The nurse will clean the tip of the bladder tube (urethra) with iodine then place numbing gel in the urethra. Tell your nurse if you have allergies to either of these medicines. The doctor will then come in to perform the exam. Cystoscopy typically takes only a few minutes.

Will I receive numbing medicine? Yes, lidocaine gel will be placed in the bladder tube (urethra) to numb the area before the test.

Will I be awake? Yes, the newest cystoscopes are small, thin and flexible. This allows cystoscopy to be performed in the office without medication to be put to sleep.

What do I need to do to prepare for cystoscopy? No special preparation is needed. Most people tolerate cystoscopy well. You may take an over the counter Tylenol (acetaminophen) or ibuprofen prior to the study if you'd like. Most people do not need any pain medication.

Are antibiotics needed? Antibiotics are not recommended for an uncomplicated cystoscopy. Antibiotics may be used if a stent is being removed or you have history of recurrent urinary tract infections.

Risks: There is a small risk of urinary tract infection or damage to the bladder or bladder tube.

Alternatives: Cystoscopy may be done in the operating room with medication to be put to sleep if office cystoscopy is not tolerated. You may also decide not to have cystoscopy.

Stent removal: Cystoscopy can be used to remove a plastic tube called a stent.

What should I expect after cystoscopy? You may notice burning with urination, frequent urination, blood in the urine or bladder pain for a day or two after the procedure. You may take over the counter Tylenol (acetaminophen) or ibuprofen if needed. Be sure to drink plenty of water and empty the bladder frequently. Avoid constipation.

Causes for concern: If fever over 101°F, unable to urinate for more than 4 hours, vomiting or severe pain, call the office or come to the Emergency Department.

Reference: Wolf JS, Bennett CJ, Dmochowski RR et al. Best practice statement on Urologic Surgery Antimicrobial Prophylaxis. American Urological Association Education and Research, Inc. 2014.