**What should I avoid following my cystoscopy?**

- Do not drive a motor vehicle until the next day.
- You must have a responsible adult accompany you home and remain with you overnight.
- No beer or alcohol for 24 hours.
- Do not sign legal documents or make important decisions for 24 hours.
- Ask your doctor when to restart aspirin/coumadin or anti-inflammatory medication.

**When should I call the doctor?**

1. If bleeding increases.
2. If you cannot urinate and you have a strong urge to urinate.
3. If you develop a fever and/or chills.
4. Should you develop any other problems or have any concerns, please contact your doctor at his/her office or come into the Emergency Department.

**References:**

1. Urology Department, R.V.H.
2. Instructions for Surgery Patients - Economou & Economou

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**CYSTOSCOPY**

i. **Local Procedure:** hospital stay will be approximately 1-1½ hours from arrival until discharge.

ii. **Anesthesia:** hospital stay will be approximately 3-6 hours from arrival until discharge.

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**Surgery Program**

RVH-3031 Revised February 21, 2013
What is a cystoscopy (local or with anesthesia)?
Using a hollow instrument (cystoscope) about the size of a pencil, the doctor looks directly inside the urethra and the bladder. The cystoscope has lenses and a light at the tip allowing visualization inside the urethra and bladder.

**Local:**
An anesthetic will be instilled into your urethra (the opening into the bladder) to make it numb and the cystoscope will be gently inserted into your urethra and passed into your bladder.

If anything suspicious is seen a small piece will be obtained (biopsy) for examination in the laboratory.

You may go home directly after the cystoscopy.

**Anesthesia:**
If a deeper biopsy or a biopsy of more than one area needs to be done you will need to be asleep. You will be given an anesthetic by a doctor and the above procedure will be done while you are asleep.

How do I prepare for a cystoscopy (local)?
- Shower or bath on morning of surgery.
- Take medications as usual.

How do I prepare for a cystoscopy with anesthesia?
- Nothing to eat after midnight.
- Shower or bath morning of surgery.
- Take usual morning medications at 6:00 am.
- Aspirin/Coumadin and anti-inflammatories should be avoided 5 days prior to procedure, **if possible. Check with your doctor.**

What are the risks of a cystoscopy?
- Mild irritation of urethra.
- Minor urethral bleeding.
- Frequency of urination.

What hospital process am I to expect?
When you arrive for the cystoscopy, you will register with a clerk in Registration. Once you have registered, a volunteer will take you to a change room where you will put on a hospital gown. After you have changed a nurse will review your medical history, take your blood pressure and pulse. You will be taken to a waiting room where you will remain until your name is called.

The cystoscopy suite staff will take you to the appropriate surgical suite and will explain each step. A nurse/doctor will then put an intravenous into a vein in your hand. This is required so you may receive sedation/anesthesia prior to the scope.

Following the procedure, you will be taken by stretcher to an area where you will rest and recover. A nurse will take your blood pressure and pulse.

You will be encouraged to drink fluids. Once you have been up for a walk and to the washroom to void, the nurse will remove the IV and allow you to get dressed.

In some cases the doctor will see you prior to discharge and instructions will be given and reviewed to follow at home.

What will I experience following my surgery?
1. You may resume normal activity.
2. You may resume your usual diet.
3. Drink plenty of fluids for the next few days.
4. You may feel tired following your procedure because of the anesthesia.
5. You may feel burning and irritation when you urinate.
6. You may see blood in your urine. **DO NOT BE ALARMED.** Increase your fluid intake and rest frequently. The bleeding should gradually decrease.

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