

Having a Flexible Cystoscopy +/- Biopsy or Stent Removal (under local anaesthetic)

Information for patients, relatives and carers

Department of Urology

① For more information or advice, please contact the hospital, ward or unit where you have your appointment:

Malton Hospital: Telephone 01653 604611
Middlecave Road, Malton, YO17 7NG
York Hospital: Telephone 01904 726010
Wigginton Road, York, YO31 8HE

Scarborough Hospital: Telephone 01723 385246
Woodlands Drive, Scarborough, YO12 6QL

Contents	Page
What is a flexible cystoscopy?	3
Will I have my cystoscopy as an inpatient or a day patient?	4
What happens before my cystoscopy?	5
What kind of anaesthetic will I have?	5
What happens during the procedure?	6
What are the benefits of having a flexible cystoscopy? ..	6
What are the alternatives to a flexible cystoscopy?	6
Are there any risks in having a cystoscopy?	7
How will I feel after my flexible cystoscopy?	8
What happens after my cystoscopy?	8
When can I go home?	8
What should I do if I have any problems or worries about my procedure after going home?	9
Instructions and advice when you leave hospital	10
Notes to help you prepare	12
Tell us what you think of this leaflet	15
Teaching, training and research	15
Patient Advice and Liaison Service (PALS)	15
Leaflets in alternative languages or formats	16

What is a flexible cystoscopy?

A cystoscopy is an examination of the bladder and water pipe (urethra) with a fibre-optic cystoscope. A cystoscope is a telescope and camera, which is inserted through the urethra to inspect both the urethra itself and the whole lining of the bladder. Occasionally, it is necessary to stretch the opening of the urethra to introduce the instrument. Occasionally, a bladder biopsy or removal of a ureteric stent may be undertaken during this procedure.

If you become ill or cannot keep your appointment for any reason, please tell us as early as possible so that another patient can be offered treatment. We will rearrange your appointment. To tell us about a change please contact us via the telephone the number given on your appointment letter.

This leaflet explains a little about what will happen before, during and after your flexible cystoscopy. It tries to answer some of the questions you may have.

The doctors and nurses are there to help you. They will always make time to listen to you and answer your questions. If you do not fully understand anything about your cystoscopy, please ask.

Please bring your completed admission form with you when you come for your flexible cystoscopy.

Please also bring your usual medication (or list thereof), and a list of any allergies you may have.

Will I have my cystoscopy as an inpatient or a day patient?

This is a day case procedure. You will usually spend a few hours at the Hospital

The nurses introduce themselves to you and explain what will happen to you during your stay. You will be asked about your present medicines, any allergies you may have, your arrangements for going home and who is to look after you. You will be asked to provide a urine sample for testing.

The doctor will check your details with you and (if this has not already been done) ask you to sign the consent form (reference FYCON112-1 Flexible or Rigid Cystoscopy, including stent removal/insertion and bladder biopsy if required) saying that you:

- fully understand your operation and anaesthetic,
- fully understand the risks and benefits,
- are aware of the alternatives, and
- agree to have the operation.

The form will be kept in your Patient Notes and you will also be offered a copy for your own records.

Please ask if there is anything you do not fully understand about your treatment or if there is anything you are uncertain about.

What happens before my cystoscopy?

You are asked to change into a theatre gown and one of our dressing gowns. You may prefer to bring your own but it must be clean as you are going into an operating theatre area.

You may be given an antibiotic tablet before the procedure. The nurses will have asked if you have any allergies.

You will be taken to the operating theatre where your identity and consent form are checked as part of the safety procedures.

What kind of anaesthetic will I have?

A flexible cystoscopy is performed under local anaesthetic. A local anaesthetic gel is gently squeezed into your urethra. It numbs and lubricates the surrounding tissue so that the examination is less uncomfortable. Your doctor will usually have discussed this with you in the outpatient clinic.

What happens during the procedure?

Initially, the skin around your urethra is cleaned using a liquid antiseptic solution. The local anaesthetic gel is then gently passed down your urethra. The cystoscope is then inserted into your urethra so that the doctor can examine your bladder and urethra. Sterile water may be passed into your bladder to stretch it up to give the doctor a better view. The water or air escapes when you pass urine after the examination.

What are the benefits of having a flexible cystoscopy?

A flexible cystoscopy is a relatively simple and painless way of examining thoroughly the lining of your bladder and urethra (and prostate if relevant). It can also help to diagnose or treat abnormal urethral and bladder disease.

What are the alternatives to a flexible cystoscopy?

There are no real alternatives to a flexible cystoscopy. Sometimes, however, the cause of problems in your bladder or urethra can be diagnosed from x-rays or tests of your blood or urine, but cystoscopy is usually the best way of examining you.

Are there any risks in having a cystoscopy?

Most procedures have a potential for side-effects. You should be reassured that, although all these complications are well-recognised, the majority of patients do not suffer any problems after a urological procedure.

Common (greater than one in 10)

- Mild burning or bleeding on passing urine for a short period after the operation
- Temporary insertion of a catheter

Occasional (between one in 10 and one in 50)

- Infection of the bladder requiring antibiotics
- Finding of cancer or other abnormalities which may require further surgery or other therapies
- Permission for telescopic removal/biopsy of bladder abnormality/stone if found
- Inability to remove stent requiring further treatment

Rare (less than one in 50)

- Delayed bleeding requiring removal of clots or further surgery
- Injury to the urethra causing delayed scar formation
- Very rarely, perforation of the bladder requiring a temporary urinary catheter or open surgical repair

Hospital Acquired Infection

- Colonisation with MRSA (0.9% - one in 110),
- Clostridium difficile bowel infection (0.2% - one in 500),
- MRSA bloodstream infection (0.08% - one in 1,250).

How will I feel after my flexible cystoscopy?

For about 30 minutes your bladder may feel very full. You may feel a slight burning sensation when you pass urine and notice a slight blood staining of the urine. This is normal and will clear in a few days. If these symptoms continue or become worse, please contact your GP.

What happens after my cystoscopy?

Before leaving the operating theatre the doctor will speak to you about what has been seen in your bladder. He/she will talk to you about the need for further investigations or treatment to manage your condition.

The nurses will go through the findings of the flexible cystoscopy with you again, and repeat the plans for further investigations or treatment. Please ask if you are unsure of any of the instructions.

When can I go home?

Once all your assessment is complete and you have been discharged you are free to go home.

What should I do if I have any problems or worries about my procedure after going home?

If you have problems after discharge, you can contact the following for advice:

During the first 24 hours after your operation please contact the Hospital or Ward where you have received treatment:

York Hospital:

Day Unit between 8am and 5pm	01904 726010
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Scarborough Hospital:

Endoscopy Unit	01723 385106
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Malton Diagnostic Unit	01653 604611
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If you have continuing problems and need further advice please contact your Urology Specialist Nurse or Nurse Practitioner (see contact numbers on the front cover), your Consultant's secretary or your GP.

Instructions and advice when you leave hospital

Should I drink extra fluids?

Following your cystoscopy you are advised to drink between two and three litres (three and five pints) of non-alcoholic fluid every day for the next three days (in addition to any alcohol you may choose to drink). This will help to reduce the risk of developing an infection in your bladder or urethra and to clear any small blood clots.

Can I bath or shower?

You may bath or shower as usual.

When can I resume my usual activities?

Following cystoscopy there are no restrictions on your leisure, sporting or domestic activities as long as you feel well enough to do them.

Will my bowels be affected?

No.

When can I have sex again?

You can resume your usual sexual activities when you feel able to without too much pain and discomfort.

When can I drive again?

Following a local anaesthetic flexible cystoscopy, you can drive straight away if you feel comfortable doing so.

When can I go back to work?

There are no restrictions on when you can return to work following this local anaesthetic procedure.

What else should I look out for?

If you develop a fever, increasing pain on passing urine, inability to pass urine or increasing blood in your urine, you should contact your GP immediately.

Are there any other important points?

If a biopsy has been taken, it may take 14-21 days before the results are available. You and your GP will be informed of the result when it is available to your Consultant.

Depending on the underlying problem, an outpatient appointment, further treatment or another admission may be arranged for you before you leave the hospital. Your Consultant or named nurse will explain the details of this to you.

Notes to help you prepare

Please help us to ensure your flexible cystoscopy goes ahead by following these instructions:

- As this is a procedure performed under a local anaesthetic you may eat and drink normally.
- If you take any regular medications, please bring a list of these in with you.
- Do bath or shower as usual before your appointment.
- Do wear loose fitting clothes.
- You are welcome to bring your own dressing gown with you or you could use one of ours if you prefer.
- Do keep all valuables at home.
- Do bring something to help pass the time while you wait, e.g. books, magazines.
- Car parking is available at our hospitals but we cannot guarantee space will be available. For more information on parking and other transport options please visit our website at www.yorkhospitals.nhs.uk
- or speak to a member of staff.

Please use this space to make a note of any questions you have or to list any items you need to bring with you.

Useful Websites

For further information on the internet, here are some useful sites to explore:

British Association of Urological Surgeons
www.baus.org.uk
("I'm told I need a....." section)

Best Health (prepared by the British Medical Association)
www.besthealth.bmj.com

NHS Clinical Knowledge Summaries
<http://cks.nice.org.uk/>

NHS Direct
www.nhsdirect.nhs.uk

Patient UK
www.patient.co.uk

Royal College of Anaesthetists
(for information about anaesthetics)
www.rcoa.ac.uk

Royal College of Surgeons (patient information section)
www.rcseng.ac.uk

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Sarah Hillery, Urology Nurse Practitioner, York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726315.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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