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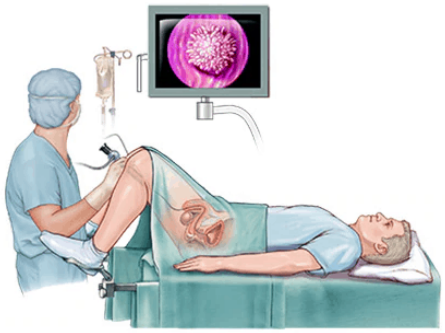
# Cystoscopy

## Details about the procedure

A cystoscopy is used to diagnose, monitor, and treat conditions affecting the bladder and urethra.

A cystoscope, a thin, flexible tube with a light and a lens or small video camera on the end, is inserted through the urethra and into the bladder.



Dr Liu can then view the inside of the urethra and bladder, as well as wash the bladder and potentially take tissue samples (biopsy) or remove small growths or stones

## Discharge instructions

- It is important to drink plenty of fluid over the next 2-3 days.
- Water is the best to drink, avoiding acidic juices.
- Take URAL (can buy over the counter at the chemist), one sachet 2 times per day, to alleviate the burning when passing water (burning/stinging normally lasts up to 72 hours)
- Expect to see some blood in the urine, up to approximately 1-2 weeks, this will lighten over the next few days.
- If the bleeding is heavy, with bright fresh blood, and/or clots, and/or continues for more than 48 hours, please contact our rooms.
- Frequency in passing water is not unusual and can last from 24-48 hours.
- If you have any difficulty urinating, present to your nearest emergency department.

## Medication

- Take Panadol as required for pain relief.
- Check with your surgeon when to restart your blood thinning medication (aspirin/cartia, warfarin, plavix, xarelto, eliquis and pradaxa).
- If you have been given antibiotics on discharge, please complete the full course.

## Activity

- Take it easy for a few days, then resume normal activity.
- Do not drive a car or operate machinery for the first 24 hours post anaesthetic.
- Return to work in 1-2 days.
- If you develop a fever or any signs of a urinary tract infection, please contact your surgeon.
- If you develop a high fever or shivers or any signs of a urinary tract infection, please go immediately to the emergency department.

## Disclaimer

Every effort has been made to ensure this information is accurate and up to date. However, individual cases may vary. Your surgeon will thoroughly discuss your procedure and answer any questions you may have.