



Urological Associates, P.C.

of the Iowa and Illinois Quad-Cities Region

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Cystoscopy

What is a cystoscopy?

A cystoscopy (cysto) is a scope of your bladder, done to visually inspect your urethra and bladder. With males, the physician is able to visualize your prostate as well.

Why do I need this procedure?

A cysto is done for a variety of reasons some common reasons are: hematuria (blood in urine), evaluation of the prostate, bladder cancer surveillance, rule out urethral stricture and/or other possible abnormalities that could be causing urinary symptoms.

What should I expect at my appointment?

Upon arriving for your appointment the front desk will give you a specimen cup to leave a urine sample. This is done to rule out a urinary tract infection prior to proceeding with the procedure.

While in the procedure room you will be laying on the table on your back. A nurse will clean the meatus (opening of urethra) with provodine or another sterile cleanser if there is a provodine allergy.

Your physician will insert the scope into your urethra into the bladder, fill your bladder with some sterile fluid and take a quick look around the bladder. This portion of the procedure takes approximately 1-2 minutes. You may feel the need to urinate during the procedure, you may have slight burning and pressure while the scope is in the bladder, this is expected. This procedure is typically tolerated very well in the office. The physician will then slowly pull the scope out and inform you of the results.

What should I expect after the procedure?

It is possible to have slight urgency, frequency, and mild burning the first few times you urinate and a very small amount of blood in your urine the day of the cystoscopy. In addition, a very small risk of infection does exist. In most cases, one dose of an antibiotic is given following the cystoscopy to help prevent infection. It is important to drink plenty of hydrating fluids/water after leaving to help prevent infection and worsening of symptoms.

Unless you are instructed otherwise, there are not activity restrictions following this office procedure.

What do I need to do to prepare for the cystoscopy?

Although there is not specific prep needed prior to the procedure we do not recommend that you refrain from eating or drinking the day of your appointment. Please

take all medications as ordered as well. Since we will be collecting a urine sample, please come to the office with a full bladder.

FAQ:

- Do I really need this? "I no longer have blood in my urine" or "I cannot see the blood in my urine"

Yes- it is recommended to have a scope of the bladder to rule out possible malignancy, as bladder cancer can cause off and on blood in the urine.

- I had a CT scan done- do I still need the cysto?

Yes- a CT and cysto is the complete workup for hematuria. A small growth in the bladder would not be visible on the CT scan.

- I am really nervous, can I be put to sleep?

There are high risks of being put to sleep and it is not recommended with this outpatient procedure. Occasionally our physicians are willing to prescribe one dose of an anti-anxiety medication for you to take prior to your procedure. If this occurs, you are restricted from driving and will need someone to drive you. Our office also offers nitrous oxide to use during the procedure. There is a small fee and some restrictions to this, talk to your provider if you are interested.

Do not hesitate to call with any questions or concerns.