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## CYSTOSCOPY

**Description:** Cystoscopy is a minimally invasive procedure that Urologists often perform in clinic to evaluate the inside of the urethra and bladder. The openings for the ureters (tubes that connect the kidney to the bladder) and prostate (in men) can also be directly visualized. This procedure is most commonly performed in cases of hematuria (blood in urine), recurrent bladder infections, urinary difficulty, problems with the prostate and to evaluate other abnormalities of the bladder.

**How to prepare for cystoscopy:** In the clinic setting, you are allowed to eat prior to the procedure. You can take all of your home medications prior to the procedure. You should notify your doctor ahead of time if you feel you may have a urinary tract infection. Cystoscopy is not usually performed when the urine is infected.

**How is the test performed?** You will be positioned on the procedure table lying on your back. For females, you may be asked to bend your knees and relax them out to the side. For males, you will be asked to lie with your legs straight. Your genital area will be gently cleaned with a special sterile cleaning solution. A numbing gel, Lidocaine Jelly will be used for local anesthesia. Finally a sterile drape will be used.

The small flexible (male) or ridged (female) camera will be advanced through the urethra and into your bladder. Sterile fluid will flow through the flexible tube to assist in visualization of the inner lining of the urethra and bladder. You may choose to watch the images on the video screen.

**What to expect during and after cystoscopy?** Some individuals may feel a burning sensation when the numbing gel is inserted to the urethra. This is mild and will subside. You may feel the gentle flow of the sterile fluid as the cystoscope is advanced into your bladder. You may feel as though you need to urinate near the completion of the procedure.

Some individuals experience a mild burning with urination following the procedure for approximately 24-48 hours. This is normal and expected. We recommend drinking plenty of water to dilute the urine. This will help with the burning sensation. You may notice a small amount of blood in your urine after the procedure. You will be given an antibiotic following the procedure for prevention of infection unless you are already on antibiotics.

Call the Urology Clinic at 970-871-9710 if you develop a fever of 101 degrees Fahrenheit or higher, chills, persistent bleeding or cannot urinate.