

Urogynaecology department

Flexible cystoscopy

Information for patients, relatives and carers

Introduction

Your surgeon has recommended that you have your **cystoscopy** which is a procedure to look inside your bladder using a thin camera called a cystoscope. You will have this procedure in the surgical short stay unit (day surgery), which means you go home the same day. This leaflet provides more information about the procedure. If you have any further questions, please do not hesitate to call us on 020 3312 1752.

What is a flexible cystoscopy?

A flexible cystoscopy uses a thin (about the width of a pencil), bendy cystoscope.

Once you are in the theatre the cystoscope will be passed down through your urethra (urine channel) to look into your bladder. You will be awake, but you will have had some local anaesthetic jelly inserted first. It may feel a little uncomfortable and feel the desire to pass urine as the surgeon fills your bladder with water; this feeling does not last long.

What are the risks involved in having this procedure?

As with all invasive procedures, there are risks involved but these risks are extremely small and include:

- urine infection (between 1 in 50 and 1 in 100 patients)
- mild burning or bleeding on passing urine for a short period after the procedure (almost all patients)

Your surgeon will be happy to answer any questions you may have.

What to expect

When you get to the unit, you will be admitted by a nurse. You will be seen by the surgeon and there will be a chance to ask any questions you might have before you consent to the procedure.

You will then change, ready for theatre. You will walk to theatre when it is your turn.

After surgery, we will give you something to eat and drink. Once you have passed urine and feel comfortable to go home, the nurse will ensure that you have all your discharge information and medications, if necessary.

What should I do after this procedure?

Drink plenty of fluids over the next few days. You may notice that your urine is slightly pink in colour. This is normal and the more fluid you drink, the clearer it will become. You may also experience a burning sensation when first passing your urine for a couple of days. You can restart your normal activities as soon as you feel able, however you should not work for at least 24 hours or until your doctors advises you.

Seek advice from your GP if you:

- develop a high temperature (fever)
- experience excessive amounts of blood in your urine
- develop a urine infection (urine looks cloudy and is smelly) have difficulty in passing urine

If you are worried or need advice please contact your GP, or out of hours services.

You can contact the nurses at the urogynaecology department at St Mary's Hospital on **020 3312 1752** (Monday to Friday, 09:00 to 17:00)

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

Urogynaecology department
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