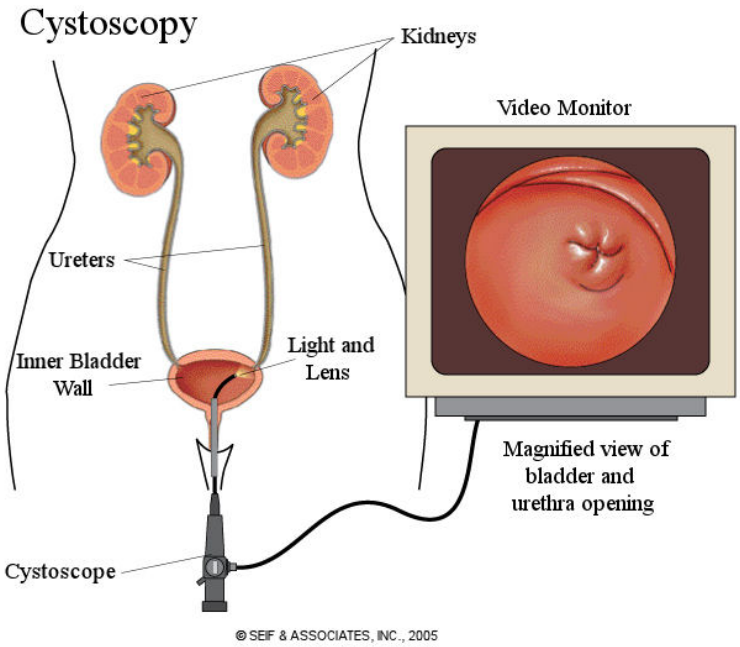
Cystoscopy (A Bladder Exam)

A *cystoscopy* is an examination of your urinary bladder with a cystoscope. A *cystoscope* is an instrument like a small telescope with strong lights and lenses. It is inserted into the bladder through the *urethra* (the opening into the bladder) and allows your caregiver to examine the inside of your bladder. The procedure causes little discomfort and can be done in a hospital or office. It is a diagnostic procedure to evaluate the inside of your bladder. It may involve x-rays to further evaluate the ureters or internal aspects of the kidneys. It may aid in the removal of urinary stones or in taking tissue samples (*biopsies*) if necessary. The procedure is easier in females because of a shorter urethra. In a male, the procedure must be done through the penis. This often requires more sedation and more time to do the procedure. The procedure usually takes twenty minutes to one half hour for a female and approximately an hour for a male.



LET YOUR CAREGIVERS KNOW ABOUT THE FOLLOWING:

- Allergies.
- Medications taken including herbs, eye drops, over the counter medications, and creams.
- Use of steroids (by mouth or creams).
- Previous problems with anesthetics or novocaine.
- Possibility of pregnancy, if this applies.
- History of blood clots (*thrombophlebitis*).
- History of bleeding or blood problems.
- Previous surgery, especially where prosthetics have been used like hip or knee replacements, and heart valve replacements.
- Other health problems.

BEFORE THE PROCEDURE

You should be present one hour prior to your procedure. Check in at the admissions desk for filling out necessary forms if not pre-registered. There may be consent forms to sign. Should friends or family join you, there is a waiting area available for them while you are having your procedure.

DURING THE PROCEDURE YOU WILL:

- Be assisted by your urologist and a nurse.
- Lie on a cystoscopy table with your knees elevated and legs apart and covered with a drape. For women this is the same position as when a pap smear is taken.
- Have the urethral area or penis washed and covered with sterile towels.
- Have an *anesthetic* (numbing) jelly applied to the urethra. This is usually all that is required for females but males may also require sedation.
- Have the cystoscope inserted through the urethra and into the bladder. Sterile fluid will flow through the cystoscope and into the bladder. This will expand the bladder and provide clear fluid for the urologist to look through and examine the interior of the bladder.
- Be allowed to go home once you are doing well, are stable, and awake if you were given a sedative. If given a sedative, have someone give you a ride home.

FOLLOWING THE PROCEDURE

- You may have temporary bleeding and burning on urination.
- Drink lots of fluids.

SEEK IMMEDIATE MEDICAL ATTENTION IF:

- There is an increase in blood in the urine or if you are passing clots.
- You have difficulty in passing your urine
- You develop chills and/or an unexplained oral temperature above 102° F (38.9° C).

Your caregiver will discuss your results with you following the procedure. This may be at a later time if you have been sedated. If other testing or biopsies were taken, ask your caregiver how you are to obtain the results. Remember it is **your responsibility to get your results.** Do not assume everything is normal if you do not hear from your caregiver.

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