

## **Cystoscopy**

### **What is it?**

Cystoscopy is a diagnostic urologic procedure that is used to look at the lower urinary tract (urethra, bladder, prostate (in men)). Performed with a flexible instrument known as cystoscope, this instrument uses a lighted tip and camera to aid in diagnosing urinary tract disease.

### **Purpose**

Categorized as an “endoscopic” procedure, cystoscopy is used by urologists to examine the inside of the urethra, prostate (in men), and bladder. This test is not used on a routine basis, but may benefit the urologist who is needing further information about a patient who displays the following symptoms or diagnosis:

- Blood in urine (also known as Hematuria)
- Incontinence or the inability to control urination
- A urinary tract infection
- Tumors located in the bladder
- The presence in bladder of stones
- A stiffness or strained feeling in the urethra
- Symptoms of an enlarged prostate

### **Description**

Depending on the type of information needed from a cystoscopy, the procedure typically takes under 5 minutes to complete and is done in the office with the patient awake. The patient will be asked to urinate before the procedure to empty his/her bladder. First, the entrance to the urethra is cleaned with Betadine/Iodine solution and Lidocaine gel may be administered into the urethra to lessen the discomfort of the procedure. The well-lubricated and highly flexible cystoscope is inserted into the urethra, then through the prostate (in men), and finally into the bladder. Sterile fluid comes out of the front of the cystoscope and is used to inflate the bladder and allow for better visualization. At the completion the examination, the cystoscope is removed.

### **Aftercare**

Patients may have the following symptoms after this procedure:

- Soreness or discomfort that may occur in the urethra, especially while urinating
- Slight or mild blood, typically for the first 24 hour following this procedure
- Other risks include: infection (UTI), fever/chills, inability to urinate (urinary retention), formation of scar tissue, heavy bleeding in the urine. Please call our office if you are experiencing any of these symptoms.