

Cystoscopy

SUNA Postoperative Care Task Force

Overview

Cystoscopy is a procedure that uses an instrument called a cystoscope to look at the lining of the bladder (the area where urine is stored), the opening of the ureters (the tubes that connect the kidneys to the bladder), and the urethra (the tube that runs from the bladder to the outside of the body). The cystoscope is a thin instrument with a lens at the end so the inside of the bladder can be seen. It is usually attached to a television screen. The procedure may be performed in the office or operating room. It may or may not require anesthesia, and it lasts for approximately 5 minutes.

Indications

- Hematuria, blood in the urine.
- Surveillance/evaluation of cancer (bladder, urethra, kidney, abnormal cells in urine).
- Lower urinary tract symptoms (LUTS) – Bothersome urinating symptoms, blocking urination symptoms, urine leaking, ongoing pelvic pain issues, repeating urinary tract infections.
- Trauma/injury, abnormal imaging of the bladder, concern for abnormal opening into bladder (fistula), removal of a foreign body, blood in ejaculation, or no ejaculation.

What to Expect Before the Procedure

- No special preparations are required.
- You may eat, drink, and take your medication as usual.

What to Expect After the Procedure

- Drink plenty of fluids to flush out your bladder.
- You may experience some of the following:
 - Blood colored urine. This should go away in 2 to 3 days.
 - Burning sensation with urination.
 - Discomfort with urination.

Complications and Call the Clinic if You Experience:

- Fever or shaking chills. This may be a sign of an infection.
- Excessive bleeding.
- Abdominal pain.
- Urinary retention (unable to urinate).

****If you are unable to reach the office and are in need of immediate assistance, please proceed to the nearest Emergency Department.**

Resources

- Matulewicz, R.S., DeLancey, J.O., & Meeks, J.J. (2017). Cystoscopy. *JAMA*, 317(11), 1187. <https://doi.org/10.1001/jama.2017.0364>
- National Health System. (2021). *Overview: Cystoscopy*. <https://www.nhs.uk/conditions/cystoscopy/>
- Urology Care Foundation. (n.d.). *What is cystoscopy?* <https://www.urologyhealth.org/urology-a-z/c/cystoscopy>

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We hope you and all your family members may benefit from these handouts.

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