

Cystoscopy

Discharge Instructions

General Information

Cystoscopy

This procedure is done in the Operating Room or in a Outpatient Urology Clinic under a general or a local anesthetic. If a topical anesthetic is used, an anesthetic lubricant is inserted into the urethra. A Cystoscopy is done by passing a lighted telescope through the urethra and into the bladder to see the interior of the bladder and urethra. The procedure can take between 5 to 10 minutes. The overall appointment may take up to 30 minutes.

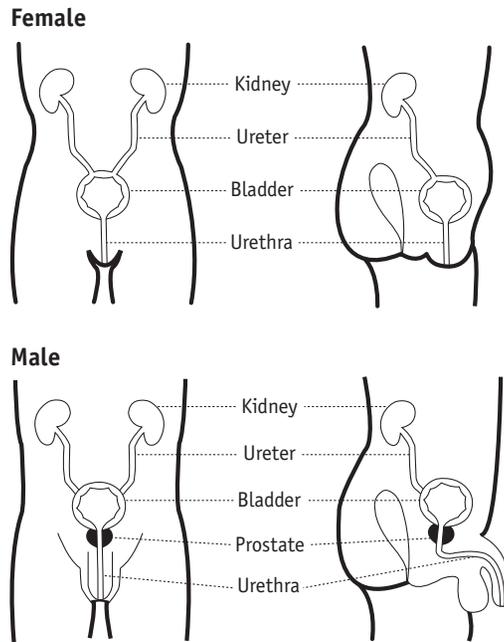
Preparation for the Procedure

- Arrive on time, your procedure may be cancelled if you arrive late.
- You do not need to arrive with a full bladder.
- Eat and drink as usual prior to the procedure unless it is being done under general anesthetic.
- Contact the clinic if you suspect you have a urinary tract infection or if you are pregnant or planning a pregnancy. If you require assistance with dressing or transferring please bring a caregiver/family to assist you during the appointment.
- If you have had a heart valve or recent joint replacement, contact your Family Physician to see if antibiotics are needed prior to the procedure.

Pyelogram

This procedure may be booked with a cystoscopy. A dye will be injected through a catheter in the bladder. This dye allows us to see on X-rays the functioning of the kidneys and ureters.

Important Points in Treatment



Patients with Spinal Cord Injury

- If you're at risk for Autonomic Dysreflexia (AD) or if your level of Spinal Cord Injury is Thoracic 6 and higher, your blood pressure may be monitored during the procedure.
- If you require more information on Autonomic Dysreflexia see the attached link: <https://livingwithsci.ca/autonomic-dysreflexia/>

General Information

In the first 24–48 hours after the examination, you may experience:

- Blood tinged urine
- A burning sensation when urinating
- A feeling of needing to urinate all the time.
- Avoid caffeine and alcohol for 24 hours after your test.
 - Drink plenty of fluids; 4-6 glasses of water over the next 12 waking hours. Continue to drink 8-10 glasses of water per day for 2–3 days unless otherwise directed. The fluids will dilute the urine, make urination easier, and help to prevent blood clots.

Important Points in Treatment

- If you are having difficulty passing urine or feel burning when urinating, sitting in a tub of warm water may be soothing.
- You may take non-prescription drugs such as Tylenol for discomfort as required. Take antibiotics if prescribed by your doctor.

Follow-Up Appointment

Ensure you keep appointments for follow-up care with your doctor. Contact your doctor's office to arrange for an appointment.

Cancellation Policy

If you need to cancel please call and notify the clinic in advance (preferably 24–48 hours) prior to your procedure.

**Notify the Doctor or
Go to the Emergency Department
if any of the following happens:**

- Your urine becomes increasingly bloody
- You pass many blood clots
- You develop chills and/or fever with a temperature higher than 38°C or 101°F
- You are unable to urinate for 8–10 hours
- You have pain, burning, or the feeling of having to urinate often, for more than 48 hours after the procedure
- You have back pain
- Your prescribed medication does not relieve your pain

Besides these general instructions remember also:



Making better
decisions together
with patients
and families

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email pchem@vch.ca and quote Catalogue No. **FP.614.C989**

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