



Flexible Cystoscopy

You have been referred to the Urology Department for a flexible cystoscopy

Flexible Cystoscopy is a telescopic examination of the bladder under local anaesthetic. It is a mildly uncomfortable procedure lasting only a few minutes and the majority of people tolerate it well. No special preparation is required and you should be able to return to normal activity when the examination is complete.

What to expect during the flexible cystoscopy

During a flexible cystoscopy a doctor or nurse practitioner will insert an instrument (cystoscope) into your bladder via the urethra (the water pipe leading to the bladder). A local anaesthetic jelly will be used to numb and lubricate the urethra to make passage of the cystoscope into the bladder as comfortable as possible. Attached to the cystoscope is a telescopic lens, a light source and some sterile water to fill your bladder so the lining can be inspected.

Once the flexible cystoscopy examination is completed the cystoscope will be removed and you will be able to walk to the toilet and pass the fluid that has been used to fill your bladder, just as if you were passing urine. You will be told the results of the flexible cystoscopy and any further follow-up (if required) before you leave the appointment.

Symptoms you may experience following a flexible cystoscopy:

- discomfort or a burning sensation when passing urine
- the urge to pass urine more frequently for a few days
- blood staining in your urine – drink extra fluids until this clears

Managing symptoms following a flexible cystoscopy:

- take Paracetamol (Panadol) if required
- take Citravescent or Ural sachets (available from your chemist). Take up to 4 sachets a day, each in a glass of water
- drink extra fluids for the next 2-3 days

There is a small risk of infection following flexible cystoscopy

If you have a raised temperature, pain or persistent burning / bleeding please contact your GP

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This information is correct at date of issue. Always check in the relevant Waitemata DHB policy manual that this copy is the most recent version.