

Patient Education Cystoscopy

Dear Patient:

Your doctor has scheduled you for a cystoscopy. During this procedure your doctor will look inside your bladder through an instrument called a cystoscope. He will insert the cystoscope through your urethra (the opening through which you urinate). Cystoscopy gives your doctor further information to help diagnose and treat you.

Before Your Procedure

- ❖ **DO NOT** eat or drink anything after midnight on the night before the procedure.
- ❖ Remove all makeup, finger and toe nail polish, and jewelry before coming to the hospital. Remove piercings (earrings, tongue ring, etc.).
- ❖ When you arrive, you will be taken to your room to get undressed and into a hospital gown.
- ❖ Your doctor or a nurse anesthetist may visit with you regarding the type of anesthesia you will receive during surgery. Please tell the anesthetist if you have dentures or partials.
- ❖ You may have an IV started in the Same Day Surgery area.
- ❖ You will be taken to surgery about ½ hour prior to surgery.

During Your Procedure

The procedure takes about 15-30 minutes. You will have a heart monitor and blood pressure cuff applied, and a pulse oximeter (measures the oxygen in your blood) placed on your finger. You will be positioned on your back and legs placed in stirrups. Your doctor may numb the area around the urethra with an anesthetic jelly. Your doctor will insert the cystoscope through the urethra into the urinary bladder. As your doctor instills fluid into your bladder, you may feel some pressure and have a strong urge to urinate. Try to relax as much as possible.

If anesthesia is used, you will be asleep during the procedure. You may go to the recovery room to awaken from the anesthesia. You may be monitored in the recovery room for approximately 1 hour.

After Your Procedure

- ❖ You will be taken back to your room for further monitoring for a short time.
- ❖ During this time you will be provided with water to drink and assisted to the bathroom. Please press your call light and ask for assistance when getting up.
- ❖ Since you may be drowsy, you will be encouraged to cough and deep breath often to help keep your lungs clear.

Bleeding: You may have blood-tinged (light pink) urine. You may also have bladder spasms, a feeling that your bladder is full, or a burning sensation when you urinate. Drink 8 oz. of water every hour the day of surgery. This will decrease bleeding or burning.

Dismissal: You will need to have someone drive you home from the hospital. Please remember that you may feel sleepy/tired when you go home. Go directly home and keep all follow-up appointments with your doctor.

After Your Dismissal

Activity: **DO NOT** drive, sign legal documents, or operate machinery the day of the procedure.

Diet: **Drink plenty of fluids.** Avoid alcohol.

Pain: A non-aspirin pain reliever, such as Tylenol or Ibuprofen, may be used for any pain. If the doctor orders any other pain medication, take it as directed.

Call your doctor if the following symptoms persist over 24 hours:

- ⊗ Bleeding bright red blood or blood clots in your urine
- ⊗ Bladder pain or bladder spasms that are not relieved by medication
- ⊗ Burning or a frequent need to urinate
- ⊗ Unable to urinate within 8 hours after the procedure
- ⊗ Temperature above 101°
- ⊗ Chills or other flu like symptoms
- ⊗ Chest pain or trouble breathing

Please refer to your dismissal instructions for further information.