

Edith Cavell Hospital Department of Urology



Cystoscopy

Your bladder

Your bladder is situated in the lower part of your abdomen. It is a structure rather like a small balloon that collects urine for temporary storage. Your bladder is either emptied from time to time when you feel the urge to pass water by urinating, or else is continually drained of urine via an indwelling catheter tube.

What is the problem?

We need to look inside the bladder to find out what is causing your symptoms. We use a special telescope to see inside your water pipe (urethra) and bladder. Through this telescope we can take x-rays, widen narrow parts, take out stones, take out pieces of the lining, and burn out diseased parts as needed. Finally we take out all the equipment.

Are there any alternatives?

Doing more x-rays, scans and other tests will not help find out what the trouble is. We need to have a look inside the bladder itself.

What happens before the operation?

You may be requested to attend the ward before your admission date to have blood tests and examinations performed to ensure you are fit for the operation. On admission to the ward, you will be welcomed and shown to your bed. You should plan to be in hospital for 1-2 days, although some people are fit enough to be discharged home a few hours after the procedure. The nursing staff will discuss your discharge with you.

You will be seen by the House Officer and Surgeon who will explain the operation to you and ask you to sign the consent for surgery. If you are unsure about any aspect of the operation, please ask for more details from the medical

You will be seen by the anaesthetist who will discuss the type of anaesthetic you will be given. They will be interested in any chest troubles, dental treatment and previous anaesthetics you have had.

You can have your usual diet until approximately six hours before surgery. This will let your stomach empty to prevent vomiting during the operation. You will be advised at what time to stop drinking fluids. You do not need to be shaved. Menstrual periods do not affect or upset the operation.

You may be given a sedative about one hour prior to the operation to help relax you; if so you will be taken to theatre on a trolley. If no sedation has been prescribed, you may choose to walk to theatre, accompanied by a ward nurse. You will be asked to wear a cotton gown, and your details will be checked again before your anaesthetic begins.

What happens after the operation?

Although you will be conscious a minute or two after the operation ends, you are unlikely to remember anything until you are back in bed on the ward. You may have a catheter draining urine into a collecting bag to allow your water pipe to recover after having the instruments passed through it.

You may be given oxygen from a facemask for a few hours if you have had chest problems in the past.

There may be slight discomfort where the instruments have been which usually settles with mild painkillers. The feeling goes away after you first pass urine after theatre.

You will be able to drink normally within an hour or two of returning from theatre.

If there is a catheter, the urine drains out automatically. This tube will be taken out when the urine is clear and when it is safe to do so. After that you will be checked to see that you are passing urine properly.

If there is no catheter, or after it is removed, you should be able to pass urine before you leave hospital. If you cannot pass urine, let the nurses know.

The doctor who performed the operation will talk to you about the results of your operation before you leave hospital. If tissue samples were taken from your bladder lining, the results will take five working days and may not be ready prior to your discharge. In this case, an outpatient appointment will be made for you to come back and discuss the results with the doctor.

Warning after a general anaesthetic - **The anaesthetic drugs will make you clumsy, slow and forgetful for about 24 hours. This happens even if you feel all right. Therefore do not make any important decisions at this time.**

After you leave hospital

You may feel tired for a day or two after the operation.

Driving

You should not drive for 24 hours after the anaesthetic.

Sexual intercourse

You can restart sexual relations within a day or two of the operation.

Work

You should be able to go back to within a few days after leaving hospital.

Complications

Complications are unusual, but are rapidly recognised and dealt with by the nursing and surgical staff. If you think that all is not well, please ask the nurses or doctors.

Chest infections may arise, particularly in smokers.

Sometimes there is blood in the urine. We usually put in a catheter at the time of the operation if we are expecting this. It may take some days to clear. You will need to stay in hospital until it gets better.

Sometimes there is infection in the urine that can get into the bloodstream. We can give antibiotics for this and infections usually settle within a week.

Sometimes there is some damage to the tissues by the instruments. This may lead to a catheter being needed for a few days.

Any questions?

This leaflet has been written by the nursing and medical staff who work in the Urology Unit.

If you have any questions, jot them down here and ask the nursing or medical staff for answers.

Urology Department , Ward 11 - Telephone (01733) 875311

Please do not hesitate to ask the nursing staff

If you have any further questions

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