



## Special precautions

No special precautions are needed at all. On the day of the examination, you can drink as normal and can have a light meal.

If you have any allergies or have had any bad reactions to drugs or other tests, please tell the nurse on admission and/or doctor.

## What to bring

Please bring

- x A list of or any tablets or medicines you are taking, including supplements and herbal remedies
- x Your reading glasses and wear your hearing aids
- x **A fresh sample of urine, in a white topped universal container obtainable from your GP surgery or pharmacy.**

## What will happen during the test?

You will be asked to empty your bladder. On arrival in the treatment room you will meet the consultant, doctor or specialist nurse performing the cystoscopy, who will then explain the procedure.

You will then be asked to lie flat on a trolley and made as comfortable as possible. For women this means lying in the lithotomy position (the same as having a smear). The clinician will then use a local anaesthetic jelly to ease the passing of the tip of the scope into the urethra (water pipe).

Men may be asked to try to pass urine when the instrument reaches the prostate gland. This will relax the sphincter muscle so the cystoscope can pass through more easily. This may sting a little.

Throughout the cystoscopy sterile water will be passed into the bladder to allow full view of the lining of the bladder wall. This will give you a 'full' sensation and the desire to pass urine.

The examination usually takes about 5 to 10 minutes. After this, a member of the team will be able to explain any findings and any further treatments or investigations.

## What should I expect after the test?

After the test you will feel the need to pass urine and so will be taken straight to the toilet.

You will be able to go home and no need to rest afterwards.

## What are the possible complications?

Most patients have no trouble or problems after their flexible cystoscopy.

You may have a mild burning pain on passing urine for a day or two. Drinking extra water can help with this. If a sample of tissue has been taken, you may have some slight bleeding but this is quite common.

An occasional problem after cystoscopy is infection.

If you have a temperature, pain, persistent burning sensation, bleeding or problems passing urine, please contact your GP.

## Test results

The results of your test will be explained to you and a copy of the report will be given to you and another copy will be sent to your GP.

## Further information

**If you are not able to attend for your appointment, please contact the booking team on 01271 320227 as soon as possible, as we can offer your appointment to another patient.**

## Useful telephone numbers

- x Gemini Endoscopy Suite 01271 349180
- x Mr Ong's secretary 01271 311662
- x Mr Moody's secretary 01271 322739
- x Mr Misra's secretary 01271 314129
- x Mr Evans secretary 01271313939
- x Mr Khan's secretary 01271311662
- x Urology nurse specialist 01271 311877

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## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

