

Flexible Cystoscopy

What to expect

- **Full bladder** – during the procedure your bladder will be filled with sterile water and you will need to urinate immediately afterwards
- **Burning and stinging with urination** – this is common and may last for a few days following the procedure. This does not usually indicate infection unless you are also unwell. This is due to irritation of the urethra during the procedure. Ural (available over-counter at chemist) may assist in alleviating symptoms.
- **Blood in urine** is common for a few days after the procedure (this may be intermittent) but may take longer to resolve. You should ensure adequate fluid intake.
- **Urinary frequency and urgency** (urinating often and in a hurry) as well as **nocturia** (waking up at night time) could also be present for a few days.

Return to activity

- **Driving** – avoid for 24 hours if procedure performed with sedation
- **Work** – return the following day unless otherwise instructed
- **Lifting** – no restrictions unless otherwise instructed
- **Activities** – no restrictions on general activities including running, cycling, gym, golf, swimming unless otherwise instructed
- **Sex** – no restrictions unless otherwise instructed

Follow up schedule

- Your follow up will be based on the indication for procedure. You should be advised of your follow up instructions prior to discharge from the hospital.
- Patients with bladder cancer will require ongoing scheduled follow-up cystoscopy

When to go to emergency

- **Unable to urinate**
- **Fever, chills or shakes** – this may indicate infection