

WHO MAY NEED A FLEXIBLE CYSTOSCOPY

There are a number of reasons you may need a flexible cystoscopy. These include:

- Investigating the causes of blood in the urine (haematuria)
- Ongoing surveillance of patients with previous bladder tumour
- Assessing for possible obstruction to urine flow
- To remove a stent previously placed in your ureter
- To biopsy the lining of your bladder
- To investigate other bladder issues

WHAT ARE THE ADVANTAGES OF FLEXIBLE CYSTOSCOPY?

It is a simple, safe and quick diagnostic procedure that can be performed under light sedation or local

anaesthetic

This is performed as a day procedure

Provides valuable information about the anatomy of the lower urinary tract to assist in diagnosis and planning treatment for various urinary conditions

HOW IS FLEXIBLE CYSTOSCOPY PERFORMED?



Often performed under light sedation but may be performed with local anaesthetic gel

The flexible cystoscope is inserted through the urethra opening and into the bladder

The procedure only takes 5-10 minutes

Sterile saline fluid is used to fill the bladder during the procedure; you may experience some mild discomfort and sensation of bladder fullness afterwards

You will need to arrange someone to drive you home after the procedure

WHAT TO EXPECT AFTER FLEXIBLE CYSTOSCOPY



You may have a full bladder and need to go to the toilet after the procedure

You may experience some burning and stinging when passing urine. This settles over the next couple of days. Ural Sachets (over-the-counter from the chemist) may help with this.

You may also experience some urinary urgency and frequency which will settle quickly over a few days.

You may have some blood in your urine for a couple of days which is quite common and will clear up after a day or so

You can undertake normal activities unless your urologist tells you otherwise

The findings of the procedure will be discussed with you prior to your discharge and the appropriate follow up made

Inability to pass urine (urine retention) or symptoms to suggest an infection (fever, chills and general lethargy) are less common following flexible cystoscopy. Your urologist should be notified of these symptoms.

FLEXIBLE CYSTOSCOPY OUTCOMES



Flexible cystoscopy is a simple, safe and minimally invasive diagnostic procedure. This is one of the most common and informative procedures performed by urologists. It allows for diagnosis of urinary conditions, surveillance of bladder cancer as well as facilitating some other minor interventions (bladder biopsy and removal of ureteric stent). Following a flexible cystoscopy further procedures may be necessary depending upon the findings.

Written by [Dr. Shekib Shahbaz](#) and [Dr. Tony de Sousa](#)

European Association of Urology, (2021), Cystoscopy, [<https://patients.uroweb.org/tests/cystoscopy/>], accessed 28/02/21.

Urology Care Foundation (2021), What is cystoscopy? [<https://www.urologyhealth.org/urology-a-z/c/cystoscopy>], accessed 28/02/21.