

# CYSTOSCOPY

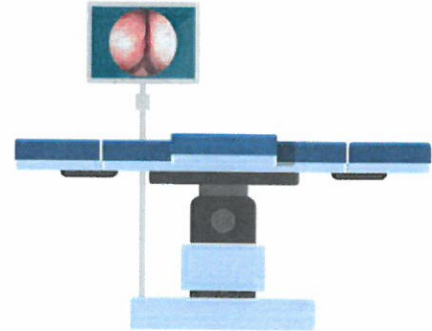
## PATIENT GUIDE

### ABOUT CYSTOSCOPY

A cystoscopy is a safe and common diagnostic test performed by a urologist in their office. It uses a thin, lighted tube to look directly inside your bladder and urethra to evaluate the anatomy. This brief procedure typically takes about 5 minutes.<sup>1</sup>

Cystoscopy enables your urologist to view your anatomy in order to:

- Assess bladder health.
- Diagnose an enlarged prostate.
- Assess which BPH procedure may be most appropriate for you.
- Rule out other bladder conditions.



### UNDERGOING A CYSTOSCOPY<sup>2-4</sup>

#### BEFORE THE PROCEDURE

- Typically, no restrictions to eating or drinking.
- Your urologist may have you take an antibiotic and order a urine test.
- Empty your bladder prior to the procedure.

#### DURING THE PROCEDURE

- The area around your urethra will be cleaned thoroughly.
- A topical anesthetic may be applied to numb your urethra.
- A thin tube is gently inserted through your urethra into your bladder. Fluid flows through the tube to the bladder to enable better visualization.
- The procedure is not usually painful, however there may be some discomfort. You may feel an urge to urinate, coolness, or fullness in your bladder.
- The cystoscope is carefully removed when the procedure is complete.

#### AFTER THE PROCEDURE

- Some patients may experience frequent urination, infection, blood in urine, pain with urination, and discomfort, which typically resolve within 24-48 hours.
- Notify your urologist if you develop a fever, bright red blood or blood clots in your urine, abdominal pain, or difficulty urinating.
- Most men return to their normal activities a few hours or a day after the procedure.

### UNDERSTANDING THE RESULTS OF YOUR CYSTOSCOPY

Your doctor may either discuss the results with you the same day or they may schedule a follow-up appointment. You may want to contact your doctor if you do not receive your results after your cystoscopy procedure.

The American Urological Association (AUA) guidelines state: **“Clinicians should consider assessment of prostate size and shape... prior to surgical intervention for LUTS attributed to BPH.”** In their White Paper on Reprocessing of Flexible Cystoscopes on the AUA website, the authors highlight cystoscopy as an **invaluable tool in identifying lower urinary tract pathology.**<sup>5</sup>

1. Cystoscopy. <https://www.brighamandwomens.org/obgyn/urogynecology/forms-and-education-materials/cystoscopy-patient-instructions>; 2. Cystoscopy. What is Cystoscopy? - Urology Care Foundation. <https://www.urologyhealth.org/urology-a-z/c/cystoscopy>; 3. Mayo Foundation for Medical Education and Research. (2021, January 5). A Cystoscopy. Mayo Clinic. <https://www.mayoclinic.org/tests-procedures/cystoscopy/about/pac-20393694>; 4. NHS. NHS Choices. <https://www.nhs.uk/conditions/cystoscopy/what-happens/>; 5. AUA BPH Guidelines 2020