
Flexible Cystoscopy

(+/- biopsy or stent removal)

This procedure involves inspection of the bladder and urethra with bladder biopsy (if indicated).

It is performed with a flexible telescope; a ureteric stent can also be removed using this flexible telescope.

This patient information leaflet is drawn from the consensus panels of many worldwide urological societies, as a supplement to any advice that you may already have been given. Alternative treatments are outlined below and can be discussed in more detail with Dr Campbell.

What are the alternatives to this procedure?

General anaesthetic cystoscopy or treatment without the information that this test might produce.

Before the procedure

Please be sure to inform Dr Campbell in advance of your procedure if you have any of the following:

- ~ An artificial heart valve
- ~ A coronary artery stent
- ~ A heart pacemaker or defibrillator
- ~ An artificial blood vessel graft
- ~ A neurosurgical shunt
- ~ Any other implanted foreign body
- ~ Blood thinning medications, particularly
 - ~ Asasantin
 - ~ Aspirin
 - ~ Fish oil
 - ~ Iscover
 - ~ Persantin
 - ~ Plavix
 - ~ Warfarin
- ~ Angina
- ~ Hypertension
- ~ Diabetes
- ~ Recent heart attack

You will usually be admitted on the same day as your procedure. When you arrive you will be asked to pass urine before the examination. You will be asked to remove your garments and to put on a hospital gown.

If you are taking warfarin, Clopidogrel, iscover, asaantin, or persantin on a regular basis, you must discuss this with Dr Campbell because these drugs can cause increased bleeding after surgery. There may be a balance of risk where stopping them will reduce the chances of bleeding but this can result in increased clotting, which may also carry a risk to your health. This will, therefore, need careful discussion with regard to risks and benefits.

After admission, you will be seen by members of the urological team which may include not only Dr Campbell, but the specialist registrar, the intern, and your named nurse. The specialist registrar may perform the operation in conjunction with Dr Campbell and with your permission.

Where do I go for my procedure?

The procedure is available at many sites so please ask for the exact location details.

Do I need to do anything special before my procedure?

We ask you to fast for 4–6 hours prior to the procedure.

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During the procedure

In order to perform the procedure, it is necessary to insert the instrument which is flexible, into the bladder via the water pipe (urethra). A local anaesthetic jelly is used to numb and lubricate the urethra which makes passage of the instrument into the bladder as comfortable as possible.

Men often find passage of the instrument through the area of the prostate gland uncomfortable but this is momentary. Once the instrument is in place, the examination will only take a few minutes to complete. Attached to the instrument is a telescopic lens, a light source and sterile water to fill the bladder so that all the lining can be inspected.

A nurse will remain with you whilst the examination is taking place. It is possible to have sedation for the procedure so please advise us in advance if you might require sedation.

Immediately after the procedure

Once the procedure is finished, Dr Campbell will explain the findings. You will also be advised of the need for any further treatment.

You will then be transferred to recovery, where you can walk to the toilet and pass the fluid that has been used to fill your bladder. Thereafter you will be able to wash and dress yourself.

The average hospital stay is less than 1 day. Are there any side-effects?

Most procedures have a potential for side-effects and these are outlined below. Please use the check circles to tick off individual items when you are happy that they have been discussed to your satisfaction:

Common (greater than 1 in 10)

- Mild burning or bleeding on passing urine for a short period after the procedure
- Biopsy of abnormal areas in bladder (this may require a further procedure under a general anaesthetic)

Occasional (between 1 in 10 & 1 in 50)

- Infection of the bladder requiring antibiotics

Rare (less than 1 in 50)

- Temporary insertion of a catheter
- Delayed bleeding requiring removal of clots or further surgery
- Injury to the urethra causing delayed scar formation

What should I expect when I get home?

When you get home, you should drink twice as much fluid as you would normally for the next 24-48 hrs to flush your system through. You may find that, when you first pass urine, it stings or burns slightly and it may be lightly bloodstained.

If you continue to drink plenty of fluid, this discomfort and bleeding will resolve rapidly.

What else should I look out for?

If you develop a fever, severe pain on passing urine, inability to pass urine or worsening bleeding, you should contact Dr Campbell's office on (07) 3367 1608, or your family doctor since you may require treatment with antibiotics and/or the temporary passage of a catheter.

For after hours emergencies Dr Campbell can be contacted on (07) 3367 1608.

The Wesley Emergency Centre (07) 3232 7333, and The Greenslopes Private Hospital Emergency Centre (07) 3394 7111 are other resources that are also available.

Are there any other specific points?

Your referring doctor will be sent a report of the procedure and if biopsy samples have been taken during the flexible cystoscopy, your referring doctor will be informed of the results.

You may be asked to make a follow-up appointment after the test to discuss any further treatment. Additional or alternative treatment may, however be recommended at the time of the test.

Is there any research being carried out in this field?

There is no specific research in this area at the moment but all operative procedures performed are subject to rigorous audit at monthly Audit & Clinical Governance meetings.

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Who can I contact for more help or information?

Dr Peter Campbell

Suite 9, level 9, Evan Thomson Building, The Wesley Hospital,
Chasely St,
Auchenflower, QLD 4066
(07) 3367 1608,
www.campbellurology.com.au

The Wesley Hospital, Urology Ward

451 Coronation Drive,
Auchenflower, QLD 4066
(07) 3232 7168
www.uhc.com.au/wesley

The Wesley Emergency Centre

451 coronation Drive,
Auchenflower, QLD 4066
(07) 3232 7333

Greenslopes Private Hospital, Continence Advisor

Newdgate St,
Greenslopes, QLD 4120
(07) 3394 7978
www.greenslopesprivate.com.au

Greenslopes Private Hospital Urology Ward

Newdgate St,
Greenslopes, QLD 4120
(07) 3394 7261
www.greenslopesprivate.com.au

Greenslopes Private Hospital Emergency Centre

Newdgate St,
Greenslopes, QLD 4120
(07) 3394 6777
www.greenslopesprivate.com.au

**The Queen Elizabeth II Jubilee Hospital,
Urodynamics Department**

Kessels Rd,
Coopers plains, QLD 4108
(07) 3275 6346

American Urological Association Foundation

1000 Corporate Blvd, Suite 410,
Linthicum, MD 21090
1800 828 7866
www.urologyhealth.org

Thank you for taking the trouble to read this information sheet. If you are satisfied with the explanation of the test, please sign below and this leaflet will be filed in your chart.

If you wish to retain a copy for you own records, one will be provided.

I have read this information sheet and I accept the information it provides.

Signature

Date

Flexible Cystoscopy Diagram

