

Cystoscopy

What is a Cystoscopy?

Cystoscopy allows us to visually inspect the inside of your urethra and bladder. This study is often performed in people who have blood in the urine, difficulty emptying the bladder, or infections. We can determine if there are any abnormalities including narrowed areas (strictures or contractures), outpouchings (diverticulum), and an enlarged prostate in males. Inflammation, bleeding, stones, and tumors can also be identified. This study also allows us to evaluate the muscle (sphincter) which regulates the outflow of urine from your bladder.

How will this study be done?

You will be positioned on the exam table lying on your back. If you use a wheelchair that reclines, the study can be performed while you remain in your wheelchair. If you are on the exam table, your legs will either be placed in stirrups or you will be asked to bend your knees and relax your legs out to the side. A sterile drape will be placed to provide privacy. Your urethral opening will be cleansed to eliminate bacteria. A numbing gel called Lidocaine® will be instilled into your urethra. After the Lidocaine® has started working, a small flexible tube that is equipped with a light and camera (cystoscope), will be inserted through your urethra and into the bladder. Your doctor will look through the eyepiece of the scope to see your urethra and bladder. Fluid will flow slowly through the cystoscope to distend the walls allowing for clear visualization. The procedure itself lasts less than 5 minutes.

You may feel a burning sensation when the Lidocaine® is inserted into the urethra. You may feel burning or pressure when the cystoscope is inserted. You

may feel a sensation of coolness as the fluid fills your bladder. You may be given an antibiotic to guard against infection.

How do I prepare for the study?

You should eat or drink as you usually do. If you are diabetic you should take your medication and eat as your normally do. You should come to the clinic with a full bladder as you will be asked to give a urine sample. The cystoscopy is done in the clinic and does not require sedation or anesthesia.

What should I expect after the study?

You will be asked to empty your bladder prior to leaving the clinic. It is normal to feel some burning with urination for up to 24 hours following the procedure. You may also note a small amount of blood in the urine making the urine look pink tinged. You may also notice increased bladder sensation. You may resume your normal activities immediately following the cystoscopy.

Contact Information:

If you develop any signs of urinary infection such as fever of 100.5 degrees Fahrenheit or higher, chills, persistent burning with urination, or persistent blood in the urine, you will be asked to call 734-936-7030 during working hours (8:00 am - 5:00pm). If there are any concerns that need to be addressed after business hours or on weekends, please call 734-936-6267 and ask to speak with the Urology Resident on Call. If you need to be evaluated by a physician on an emergent basis, please go to the nearest ER and have the ER physician contact the University of Michigan urology resident on call for assistance.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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