



Procedure Information

Cystoscopy

Introduction

A procedure for workup of lower urinary tract. Cystoscopy is also involved in procedures of urethral dilation, clearance of clots in bladder, biopsy/ resection of bladder or urethral lesion, insertion/ removal of ureteric stent etc.

There are two types of cystoscopy:

1. Flexible cystoscopy – a thin, bendy cystoscope is used, is usually for diagnostic purposes and examination of the lower urinary tract.
2. Rigid cystoscopy – a slightly wider cystoscope that doesn't bend is used, serves both diagnostic and therapeutic purposes.

Outcomes

Diagnosis and evaluation of bladder and urethral problems.

Procedures

1. The operation can be performed under local anaesthesia, intravenous sedation, monitored anaesthetic care or general anaesthesia. Instillation of lubricating jelly to the urinary tract will be carried out before the procedure
2. Cystoscope will be introduced into urethra and bladder. The bladder will be filled up with normal saline solution

Possible Risks and Complications

1. During procedure
 - False tract formation
 - Failed instrumentation
 - Anaesthetic complications (rare)
 - Perforation of urinary tract or bladder (rare)
2. After procedure
 - Urinary tract infection (<1%)
 - Transient haematuria and dysuria
 - Narrowing of urinary tract (urethral stricture) (<5%)
 - Acute retention of urine (rare)

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

Pre-procedure Preparations

1. Good hygiene can prevent infection.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the procedure.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia. Please inform doctor if you are taking medications that affect blood coagulation, such as Aspirin, Warfarin, Xarelto or Pradaxa and Chinese medication.
4. Please inform doctor if there are any symptoms of urinary tract infection, such as dysuria, turbid urine or fever pre-operatively.
5. You may be given intravenous infusion or medications before the procedure.
6. No food or drink six hours before the procedure. (For intravenous sedation, monitored anaesthesia care or general anaesthesia only).
7. Please change into a surgical gown after removing all belongings including undergarments, dentures, jewelry and contact lenses.
8. Please empty your bladder before the procedure.

Post-procedure Instructions

1. Urethral catheter may be required temporarily.
2. You should drink plenty of fluid around 2000-2500cc per day, including drinks and water contained in food. If you have any heart or renal disease, please check with your doctor.
3. Mild pain, blood stained urine, frequent urination and urinary urgency are common post-operatively. These symptoms will gradually subside in few days.
4. If any biopsy is performed during the procedure, biopsy results generally will be available one week later.

Advices on Discharge

1. Immediately consult your doctor or return to hospital for professional attention in the event of dysuria, turbid urine, heavy haematuria, shivering, high fever over 38°C or 100°F, or any other unusual symptoms etc.
2. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification