

Cystoscopy

Gynaecology

A cystoscopy is an examination of the urethra and bladder. This leaflet explains why this examination is performed, how to prepare and what to expect during and after the procedure.

What is a cystoscopy?

A cystoscopy is an examination of the urethra and bladder. During the procedure, the doctor examines the inside of the urethra and bladder using a cystoscope: a thin, flexible tube with a camera and light at the end. A cystoscopy allows the doctor to identify and assess abnormalities in the urethra or bladder. The examination can help determine the cause of your symptoms.

A cystoscopy may be performed if you have:

- urinary problems
- recurrent bladder infections
- urinary incontinence (loss of bladder control)
- blood in the urine
- bladder polyps that require follow-up examination

Before the examination

No special preparation is required for a cystoscopy. In some cases, a urine sample may be needed before the examination. If this is necessary, you will receive information about this in advance.

The examination

You will be welcomed and taken to the treatment room. There, you will be asked to remove your underwear and take a seat in the examination chair. The doctor will first clean the genital area around the urethra with a disinfectant solution. A gel is then applied into the urethra. This gel acts as a lubricant and numbs the lining of the urethra. After a few minutes, the cystoscope is gently inserted through the urethra into the bladder. Most people tolerate the examination well, although it is not always completely painless. It may help to relax as much as possible while the cystoscope is being inserted.

The cystoscope is connected by a tube to a bag of irrigation fluid. Sterile water is passed into the bladder through the cystoscope. This fills and expands the bladder, allowing the specialist to examine the urethra and bladder more clearly. You may feel the urge to urinate during this part of the examination. After the procedure, you will be asked to empty your bladder and pass the irrigation fluid. The specialist will then discuss the findings with you.

Duration of the examination

The examination takes approximately 10 minutes.

After the examination

You may return home on your own after the examination.

Possible complications and side effects

- You may temporarily experience a burning sensation when urinating. You may also feel the need to urinate more frequently. These symptoms usually disappear within a few hours, but may occasionally last for several days.

- It is normal to notice a small amount of blood in your urine after the examination. This is usually harmless. We recommend drinking extra fluids (1.5 to 2 litres) on the day of the examination to help flush the bladder and urinary tract.

When should you contact us?

Please contact us if you:

- develop a fever above 38°C
- have difficulty urinating
- the symptoms persist for an extended period (3 to 5 days) or worsen instead of improving

Resuscitation

All patients at DC Klinieken will be resuscitated in an emergency situation. If you have a “do not resuscitate” statement, or if you have discussed with your doctor that you do not want to be resuscitated, it is important that you inform us.

Emergency after visiting DC Klinieken

In case of an emergency, call: 088 0100 998.

Insurance

DC Klinieken has contracts with all health insurers. This means that almost all care is reimbursed, just like in the hospital. You do need a referral from your (general) doctor. Please be aware of your own deductible. More information about reimbursements and possible exceptions can be found at: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to frequently asked questions, go to: www.dcklinieken.nl/contact or contact our Service and Information Centre at 088 0100 900.