

ABOUT YOUR CYSTOSCOPY

Cystoscopy is a diagnostic procedure during which your bladder and urethra are examined with an instrument called a cystoscope. This instrument has a light and a fiberoptic lens, and allows your doctor to directly view the lower part of the urinary tract. The cystoscopic exam is one of the most commonly performed urological procedures. It is brief, very safe and simple, and provides the doctor immediate valuable diagnostic information.

The best way to prepare for your cystoscopy is to **RELAX**. For most of us, the thought of an instrument, even a small one, being placed into the urethra is naturally somewhat frightening. However, with the use of a local anesthetic, most patients experience only mild discomfort. When other procedures, such as a biopsy, are performed through the cystoscope, an intravenous sedative may also be needed. Your cystoscopy may be performed either in the hospital or at an outpatient facility. Women may have cystoscopy when menstruating.

PREPARING FOR A CYSTOSCOPY

As we said, it's best to not be too concerned about the procedure. **RELAX** and you'll probably find that you were worried needlessly.

Just before the procedure, you'll be asked to empty your bladder. A urine sample may be obtained. You'll then be asked to remove your clothing, and you'll be given a gown or drape to use.

Men undergo cystoscopy either lying on their back, or with their legs in stirrups, depending on the type of cystoscope being used. Women will have their legs in stirrups, similar to the gynecologists' office. Once you are comfortable on the exam table, a betadine solution will be used to cleanse the genital area. Then, xylocaine jelly will be applied as a local anesthetic.

The procedure itself usually takes no more than 3 or 4 minutes. Once the cystoscope is inserted, your bladder will be filled with sterile irrigating fluid, allowing the doctor to distend the bladder and see the walls clearly. As your bladder fills, it's normal to start to feel the urge to urinate. Tell the doctor when this occurs.

