

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Cystoscopy with Local Anesthetic

Urologist: _____

Clinic phone: _____

What should I expect after I leave the hospital?

For about 24 hours (1 day):

- › You may feel a slight burning when you pee.
- › You may see a small amount of blood in your pee.
- It may help to drink extra fluids.
- Your urologist may give you medication to help prevent infection. Take it as you are told until it is all gone.

Call your primary health care provider or your urologist if you have:

- › Fever (temperature above 38 °C or 100.4 °F) or you feel sick within the first few days
- › Chills
- › Lower back pain
- › New trouble peeing
- › Burning when you pee for more than 24 hours (1 day)
- › Blood in your pee for more than 48 hours (2 days)

If you cannot reach your primary health care provider or your urologist, go to the nearest Emergency Department right away.

How is a cystoscopy done?

- You will lie on your back on a special table. You may be asked to put your legs in stirrups for support.
- We will wash your genital area with a cleaning solution. It helps to relax when this is done. Try to relax your muscles, especially in your legs, lower abdomen (stomach area), and pelvis. Breathe slowly and evenly.
- We will use a sheet to cover you for privacy. There will be a small hole in the sheet showing the opening to your urethra.
- We may squirt local anesthetic in the form of a jelly into your urethra.
- The cystoscope will be lubricated (slippery) so it can enter more easily. Your urologist will gently pass the cystoscope through your urethra into your bladder.
- We may fill your bladder with sterile (clean) water to help us see it better. This may make you feel like you need to pee.
- We will take samples of any stones, tissues, or urine, if needed. Then we will drain the water from your bladder and take out the cystoscope.
- Your urologist will talk with you about the results. A report will be sent to your primary health care provider.

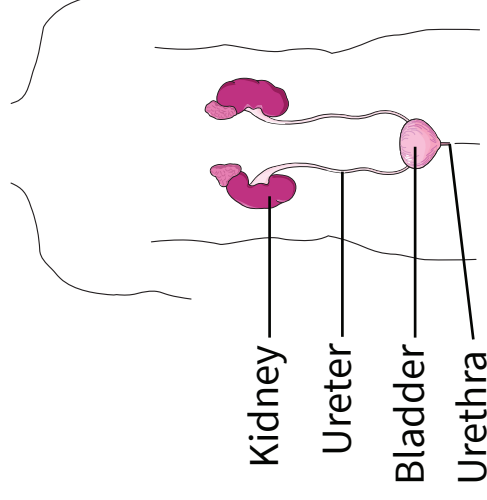
Cystoscopy with Local Anesthetic

What is a cystoscopy?

- Your urologist (urinary tract specialist) will use a cystoscope to look inside your urethra (where urine [pee] comes out) and bladder. A cystoscope looks like a thin telescope with a lens and a light on the end.

Why do I need a cystoscopy?

- You may need a cystoscopy to find out if you have a bladder problem, like:
 - › Bleeding
 - › Cancer
 - › Infection
 - › Incontinence (not being able to control your urine)



Where do I go for my appointment?

- **Please come to the hospital 30 minutes (half an hour) before your appointment.** This is to make sure you have time to register and get ready.

☐ **Halifax Infirmary**

- › Use the Summer Street entrance.
- › Register at a kiosk in the main lobby.
- › You will then go to a common waiting area.
- › You will then go to the Urology Clinic.

☐ **Cobequid Community Health Centre**

- › Use the main entrance.
- › Register at a kiosk in the main lobby.
- › Follow the signs to the waiting area.
- › Then you will go to the Urology Clinic.

☐ **Dartmouth General Hospital**

- › Use the main entrance.
- › Register at a kiosk in the main lobby.
- › Follow the signs to the Neville J. Gilfooy Wing. Take the stairs or elevator to Level 3 and check in at the Pelvic Health Suite.
- You **may** be asked to change into a hospital gown, a housecoat, and slippers.

How do I get ready for my cystoscopy?

- You may eat and drink as usual.
- Take your medication(s) as usual unless your doctor tells you not to.

How long does a cystoscopy take?

- It will take about 5 to 10 minutes.

What does it feel like?

- **You will be awake during the procedure.**
- We will use local anesthetic (freezing) so that you do not have any pain. You may have some discomfort.
- You may feel stressed or anxious. This is normal. We will do our best to make sure the procedure is private, and to make you feel comfortable.
 - › Please ask your primary health care provider (family doctor or nurse practitioner) for medication to help with anxiety and bring it with you, if needed. The Urology Clinic does not give this medication.