**Mary Black Physicians Group Urology**

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Urology

**Flexible Cystoscopy**

A flexible cystoscopy is a procedure that allows doctors to look inside the bladder. It is done using a narrow, flexible, tube-like telescopic camera called a cystoscope. Your doctor will pass the cystoscope up your urethra and into your bladder (the urethra is the tube that carries urine from the bladder and out of the body). Using the light on the end of the cystoscope, the doctor is able to look at the inside of your bladder.

Flexible cystoscopy can help to find out what is causing symptoms such as:

* Recurrent urinary tract infection (UTI)
* Blood in your urine
* Difficulty in passing urine
* Persistent pain when you pass urine
* Incontinence

**Preparing for your cystoscopy**

No restrictions of diet, fluids or medications exist for this examination. Some patients will receive medication before or after the cystoscopy. You should continue any medication as prescribed. It is best to take it easy the day of your procedure! Resume activities as tolerated.

**About the procedure**

The doctor will discuss the procedure in detail with you and you’ll be asked to sign a consent form. This is to make sure you understand the risks and benefits of having the test. In the examination room, we will ask you to lie on your back and you will be positioned to allow the doctor to access your urethra. The doctor will clean the opening to your urethra. He or she will then place anesthetic gel into your urethra using a syringe without a needle. This helps the cystoscope to pass into the urethra and up into the bladder with as little discomfort as possible. The cystoscope is passed into the bladder and the inspection is carried out. The entire exam takes less than 10 minutes.

**What to expect afterwards**

After your office cystoscopy, you will be able to return home. How you feel will depend on the reasons that the cystoscopy was performed. In most instances, you will have no problems urinating and little to no symptoms.

For the first day, you should drink 2-3 glasses of water in the first hour or two after the procedure. Stay away from irritating foods or liquids until all the symptoms have resolved. Such liquids and foods include coffee, soft drinks, cranberry juice and spicy foods.

**What are the possible risks of a Cystoscopy?**

Although complications can occur, they are rare. After this type of procedure, a small risk of infection exists.

Some patients will notice a speck of blood in the urine or in their underwear for the first day. If the bleeding is more severe and continues, please let us know.

Some patients will feel mild irritation or a sense of “burning” with urination that will last one to two voids. If irritation continues, a warm bath may help. However, if the irritation is new and continues more than 24 hours, please let us know.

Call your doctor if:

1. You have a temperature over 101 F, chills, or are unable to void for 5-6 hours.
2. You have a significant amount of clots that prevent urination or the flow of urine.

\*\* If you experience any of these problems when the office is closed, you will need to go to the emergency room.

**Contact**

If you have questions about this procedure, please call Mary Black Physicians Group Urology at (864) 253-8055. The office is open from 8:30 am to 4:30 pm, Monday-Friday.