



# Patient Information Leaflet: Flexible Cystoscopy

## What is a Cystoscopy?

A cystoscopy is a procedure that allows your consultant to look inside your bladder and urethra (the tube you pass urine through) using a thin, flexible telescope called a cystoscope. It helps diagnose the cause of urinary symptoms such as:

- Frequent or painful urination
- Blood in the urine
- Recurrent urinary tract infections
- Incontinence or urinary retention

Cystoscopy can also be used to monitor existing bladder conditions or carry out minor treatments.

---

## What Does the Procedure Involve?

- You will lie comfortably on a couch
- A local anaesthetic gel is applied to numb the urethra
- A flexible cystoscope is gently passed through the urethra into the bladder
- Sterile fluid is used to fill the bladder slightly so your consultant can see the bladder lining clearly
- The examination usually takes **5–10 minutes**
- You can go home shortly after the procedure

For most patients, the procedure is performed using **local anaesthetic only** and does not require sedation or hospital admission.

---

## Why Might I Need a Cystoscopy?

Your consultant may recommend a cystoscopy if you're experiencing:

- Unexplained urinary symptoms
- Suspected bladder stones, strictures or tumours



- Ongoing or recurrent infections
- Difficulty emptying the bladder
- Unusual cells found in a urine test

Cystoscopy gives a clear view of the inside of your urinary tract to help guide diagnosis and treatment.

---

## Will It Hurt?

The procedure may feel uncomfortable, but it is usually well tolerated. You might feel:

- A brief stinging when the gel is applied
- A slight pressure as the scope passes
- An urge to urinate during or just after the examination

These sensations are temporary and settle quickly.

---

## After the Procedure

- You may feel mild burning or need to pass urine more often for 24–48 hours
- Drinking extra water can help flush the bladder and reduce discomfort
- Avoid heavy lifting or strenuous activity for the rest of the day
- Most people can return to work or normal activities the next day

If you develop a **fever**, **persistent pain**, or see **blood clots in your urine**, contact us or seek medical advice.

---

## Are There Any Risks?

Cystoscopy is a safe and routine procedure. However, like all medical procedures, there are some small risks:

- Mild discomfort or bleeding when passing urine (common)
- Urinary tract infection (UTI)
- Temporary difficulty passing urine
- Very rarely, injury to the urethra or bladder



If an infection is suspected, a short course of antibiotics may be prescribed.

---

## Preparing for the Test

No special preparation is usually needed. You can eat and drink as normal before your appointment. Please let us know if:

- You have a known urine infection
  - You are taking blood-thinning medication
  - You have a heart valve condition or require antibiotics before procedures
- 

## Follow-Up

Your consultant will usually explain the findings straight away. If biopsies are taken, results will be discussed at a follow-up appointment or sent to you in writing.

---

## Questions or Concerns?

Please don't hesitate to ask questions — we're here to support you before, during and after your treatment.

 **The Forbury Clinic**  
 0118 9207040