

# Flexible Cystoscopy

## What Is Flexible Cystoscopy?

Flexible cystoscopy is a minimally invasive procedure used to examine the inside of the bladder and urethra using a flexible tube with a light and camera at the end called a cystoscope. This diagnostic test is essential for identifying and monitoring various urological conditions, providing a clear view of the urinary tract. It is typically performed in a hospital outpatient department or clinic.

## Why Is Flexible Cystoscopy Performed?

Flexible cystoscopy is primarily a diagnostic used to investigate various urinary tract problems such as:

- **Urinary symptoms:** Including blood in the urine (haematuria), frequent urinary tract infections (UTIs), difficulty urinating, incomplete bladder emptying or urinary incontinence.
- **Bladder conditions:** Such as bladder stones, bladder tumours, or bladder inflammation or pain (cystitis).
- **Prostate issues:** Particularly in men, to assess the prostate's impact on urinary function.
- **Unusual findings:** from other diagnostic tests

This procedure also allows our urologists to:

- Detect bladder stones, tumours, and inflammation
- Evaluate the structure and function of the bladder and urethra
- Monitor ongoing conditions like bladder cancer
- Perform minor treatments, such as removing small stones or foreign objects

## How To Prepare For A Flexible Cystoscopy

Before a flexible cystoscopy, patients are typically advised to:

- **Avoid food and drink:** Depending on the hospital's instructions, you may need to fast for a few hours before the procedure.
- **Discuss medications:** Inform your healthcare provider about any medication you are taking, especially blood thinners, as they might need adjustments.
- **Plan transportation:** Since you might receive a sedative to relax during the procedure, arranging for someone to drive you home afterwards is advisable.
- **Provide a urine sample:** You may be asked for a urine sample before the procedure.
- **Ensure you bladder is full:** Drink plenty of water before your procedure.

## What To Expect During The Procedure

- **Preparation:** You will lie on an examination table, and a local anaesthetic gel will be applied to your urethra to minimise discomfort.
- **Insertion:** A thin, flexible tube called a cystoscope is gently inserted into the urethra and guided into the bladder. This tube has a light and a camera at the end, allowing the urologist to view the

inside of your bladder on a monitor.

- **Examination:** The urologist will examine the bladder lining and urethra, looking for any abnormalities. The entire procedure usually takes about 10-20 minutes, though this can vary depending on the reason for the examination and any additional procedures performed during the cystoscopy.

## What To Expect After A Flexible Cystoscopy

- **Aftercare:** You may experience slight discomfort or a mild burning sensation during urination for a few days after the procedure. Drinking plenty of water can help alleviate these symptoms. To help flush out any remaining solution used during the procedure and to rest for a short period afterwards.
- **Immediate results:** Your urologist may discuss initial findings immediately after the procedure.
- **Follow-up:** A follow-up appointment may be scheduled to review detailed results and discuss any further treatment if necessary.
- **Recovery:** Most patients can resume normal activities shortly after the procedure. Drinking plenty of fluids helps flush out the bladder and reduce discomfort.

## Benefits Of Flexible Cystoscopy

- **Minimally invasive:** No incisions are needed, reducing recovery time and discomfort.
- **Quick and convenient:** The procedure is usually completed within 20 minutes.
- **Accurate diagnosis:** Provides a clear and direct view of the urinary tract for precise diagnosis.
- **Versatile:** Can be used for both diagnostic and minor therapeutic purposes.

## Risks And Considerations

Flexible cystoscopy is generally safe, but like any medical procedure, it carries some risks:

- Mild discomfort or burning sensation during urination
- Slight risk of urinary tract infection (UTI)
- Rarely, blood in the urine or injury to the urethra

If you experience severe pain, fever, or persistent bleeding after a cystoscopy, you should seek medical advice promptly.

## Why Choose The Birmingham Urology Clinic?

At Birmingham Urology Clinic, we pride ourselves on delivering exceptional care. Our team of highly experienced urologists and state-of-the-art facilities ensure that you receive the best possible treatment. We are committed to providing personalised care tailored to your individual needs.

## Contact Us

If you are experiencing symptoms that may require a flexible cystoscopy, contact our clinic today to book an appointment. Our friendly staff are here to assist you and ensure you receive the highest standard of urological care.