

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.