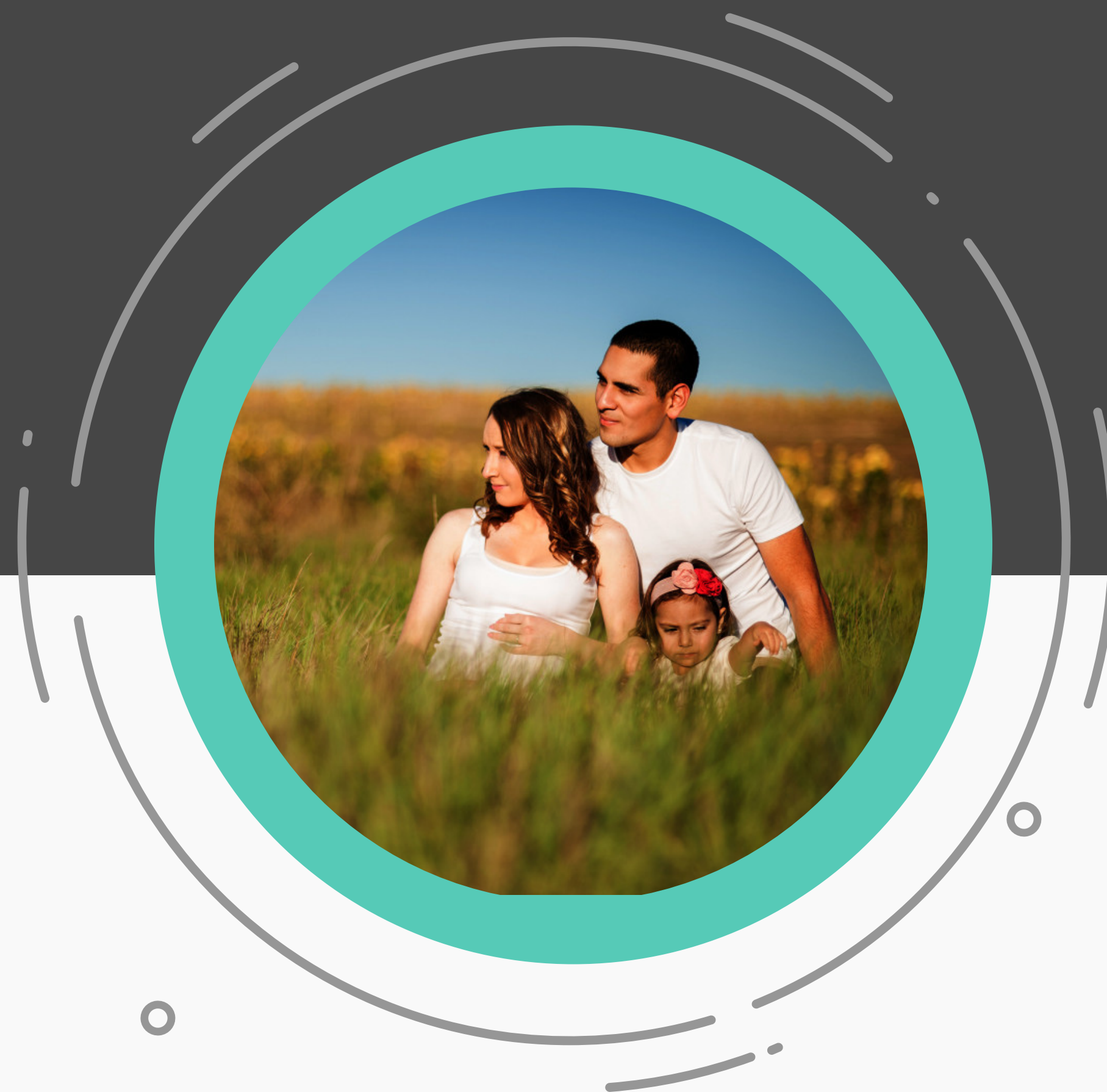




The Prostate Clinic

Flexible Cystoscopy Explained

An introduction to your
upcoming procedure

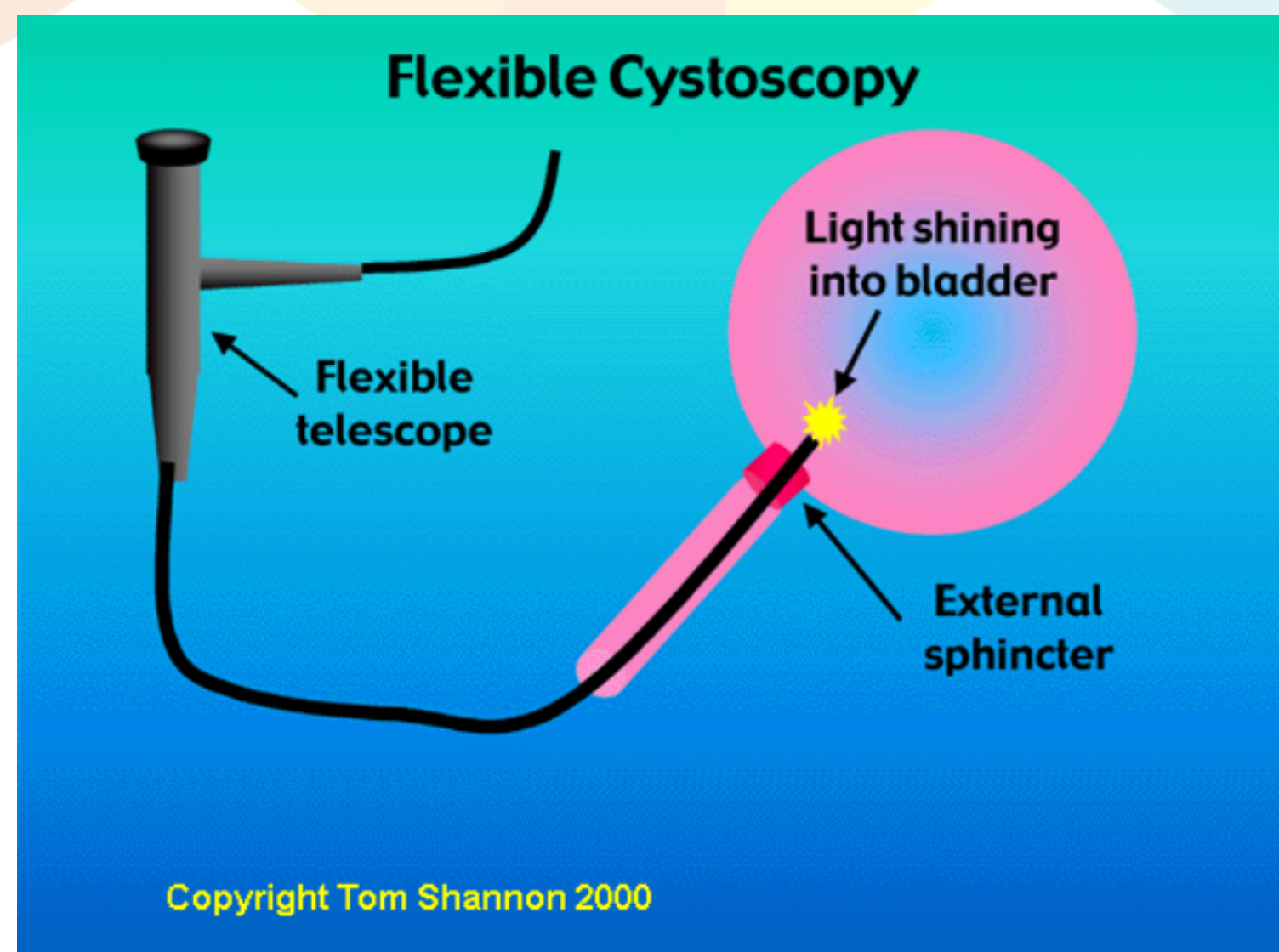


Dr Tom Shannon

A flexible cystoscopy is a telescopic examination of the lower urinary tract using a fiberoptic telescope. It is a minimally invasive procedure done under after administering a local anaesthetic gel. This test is used primarily to diagnose conditions of the bladder, to exclude cancer and to assess anatomy prior to other surgeries.

What are the expected effects and risks?

The main risk of flexible cystoscopy is infection. It is uncommon, but more likely if you have problems emptying your bladder. We will check this on the day of the procedure and may give extra antibiotics afterwards. You can also have blood in the urine and some stinging pain when you pass urine for a day or so. Ural and a good fluid intake are helpful for this. If you experience ongoing discomfort, contact us.



What is a flow rate and residual measure?

We may need to measure how quickly the flow can run and how well the bladder empties. This can be done by using a special flow rate machine and a bladder ultrasound. Results will be shown to you and discussed.

What do I need to do before?

There is no special preparation for the test and no fasting needed. Please do not take vitamin pills before the procedure as they can make it difficult to see.

Do I need to cease blood thinners?

It is not usually necessary to cease any medication. We will tell you before if we would like something stopped.

Can I drive home afterwards?

Yes. You have the option of using Entonox (happy gas) during the procedure, which will help reduce any discomfort. You can still drive after the procedure if you use gas.

What else do I need to do?

You should have your instructions on location and admission time when you leave the office. We try to run as close to on time as possible, but sometimes have to deal with emergencies from the ward or more complicated patients who take longer than expected. Please come prepared to wait and we will try to make sure it is not too long.

What can I expect on the day?

You will be awake during the procedure. The cystoscope runs fluid slowly into the bladder, to expand the area and make inspection easier. The inspection takes 3-8 minutes. It should be painless, however, you may experience some discomfort.

After the procedure, you will need to pass urine into the toilet to empty out the water inserted during the procedure. You may experience a little discomfort, but this should pass.

When you get home after the procedure, you need to drink plenty of fluid for the rest of the day.

Your Appointments

Your cystoscopy will be at the Hollywood Day Surgery Unit. It is scheduled for:

Date:

Time:

Your next appointment with Dr Shannon has been scheduled for:

Date:

Time:

About Us

The Prostate Clinic is Perth's first multidisciplinary centre dedicated to the prevention and management of prostate disease and men's health based at Hollywood Private Hospital, Nedlands. Prostate disease is a common condition, affecting 1 in 2 men in their lifetimes, making it a problem that we all need to think about. Prostate cancer affects 1 in 5 men during their lifetime and is the second most common cause of cancer death in Australian men. However, prostate cancer is highly curable if found early and at The Prostate Clinic we are devoted to reducing the impact of this disease through awareness, early detection and expert care. With over 15 years' experience and thousands of prostate cancer patients treated, The Prostate Clinic brings together a team of doctors, nurses, physiotherapists, dieticians, exercise physiologists and psychologists to deliver optimal patient care.

Contact Us

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