



THE KIDNEY CENTRE POST GRADUATE TRAINING INSTITUTE
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CYSTOSCOPY

The urethra is the channel that allows the natural passage of urine from urinary bladder to outside the body. The urinary bladder is the natural reservoir of urine for the period before we are able to urinate when socially feasible. Cystoscopy is a procedure in which the doctor (Urologist) uses a cystoscope to see inside your bladder and urethra. The cystoscope is as thin as a pencil and has a lens and a light at the tip. Many cystoscopes have extra tubes to guide other instruments for procedures to treat urinary problems. A video camera can also be attached to the cystoscope so that the images can be viewed on a television monitor.

Your doctor may recommend Cystoscopy for any of the following conditions:

- Frequent urinary tract infections
- blood in your urine (haematuria)
- loss of bladder control (incontinence) or overactive bladder
- unusual cells found in urine sample
- need for a bladder catheter
- painful urination, chronic pelvic pain, or interstitial cystitis
- Urinary blockage such as prostate enlargement, stricture, or narrowing of the urinary tract.
- stone in the urinary tract
- Unusual growth, polyp or tumor.

PREPARATION

Ask your doctor about any special instructions. In most cases, you will be asked to stop eating (Nil by mouth) after dinner on the night before the procedure and you may return to normal activities after the test. At certain times you may be allowed to eat normally even before procedure without any need to Nil by Mouth.

Since any medical procedure has a small risk of injury, you will need to sign a consent form before the test. You may be asked to give a urine sample before the test to check for infection. Avoid urinating for an hour before this part of the test.

Once admitted you will wear a hospital gown for the examination. At your turn you will be shifted to the Operation Theater where the procedure will be performed. Depending upon the nature of the procedure, anesthetist assessment and your choice anesthesia will be given. It could be General anesthesia, Spinal or local anesthesia.

TEST PROCEDURES

The doctor will gently insert the tip of the cystoscope into your urethra and slowly glide it up into the bladder. Relaxing your pelvic muscles will help make this part of the test easier. A sterile liquid (water or saline) will flow through the cystoscope to slowly fill your bladder and stretch it so that the doctor has a better view of the bladder wall.

As your bladder reaches capacity, you will feel some discomfort and the urge to urinate. You will be able to empty your bladder as soon as the examination is over.

The time from insertion of the cystoscope to removal may be only a few minutes, or it may be longer if the doctor finds a stone and decides to remove it. Taking a biopsy (a small tissue sample for examination under a microscope) will also make the procedure last longer. In most cases, the entire examination, including preparation, will take about 15 to 20 minutes.

AFTER THE TEST

Most of the patients go home on the same day of the surgery (within 4-6 hours of procedure), except few patients need to stay in the hospital overnight for some reason. You may have a mild discomfort when urinating and may see small amounts of blood in your urine. These problems usually last for two to three days. To relieve discomfort, drink 2-4 glasses of water for two hours. Your doctor may give you an antibiotic to take for 1 or 2 days to prevent an infection. If you have signs of infection—including pain, chills, or fever—call your doctor.

Do not hesitate to ask your doctor about any concerns you might have.

FOR FURTHER INFORMATION

We at The Kidney Centre Karachi would be happy to answer any of your questions. You can ring up at (21) 5661000 or email: mail@kidneycentre.com