

**FLEXIBLE CYSTOSCOPY  
Patient Information Sheet**

**What is this procedure and why is it done?**

Flexible cystoscopy is an investigative procedure to look inside the bladder and urethra to find out what the problem is. A cystoscope is a tiny telescope. Because the telescope is flexible it is not particularly uncomfortable and can be performed under local anaesthesia with the patient awake. With modern video technology it is an excellent way for you to understand the basis for your symptoms. One patient said, "it is a guided video tour inside your waterworks."

**How is it done?**

Prior to your procedure you will change in a small private area into a clean hospital gown. A skilled Registered Nurse who has been carefully trained and mentored in assisting at these procedures prepares you for the flexible cystoscopy. The Nurse will wash the area around the urethra with antiseptic and then places sterile drapes around you so the procedure offers as much dignity as possible and your genitals are not exposed. Some local anaesthetic gel is placed in the urethra. The cystoscopy is connected to the video equipment and prepared.

Dr O'Connell then carefully and gently examines the urethra and bladder and explains every part of the procedure and its findings as the examination proceeds.

**How long does it take?**

The entire procedure takes approximately 20-30 minutes though the part that involves the actual examination may take much less. With time allowed for admission and discharge, please allow approximately 2 hours all together.

**Where is it done?**

Dr O'Connell does flexible cystoscopy at the Melbourne Private Hospital in their Day Procedure Unit on the first floor.

**What can I expect afterwards?**

Immediately after the procedure you will return to the area where you will get yourself dressed. Once you are fully dressed a very experienced Registered Nurse who has worked with Dr O'Connell for over 10 years will summarise the findings of the procedure and the recommendations that follow from the findings. You may be given a treatment plan on the basis of the findings and information will be given to you to get started on that plan of treatment. An appointment will be made for follow-up and an arrangement for any biopsy results to be given to you when available.

**What common problems can I expect afterwards?**

There is often some mild discomfort passing urine afterwards. This has usually resolved by 24 hours. There may be slight bleeding though seeing a lot of blood in the urine is rare. If blood is visible resting and drinking an increased amount of water usually stops the problem. It is rare to experience any significant distress following the procedure. If you have a painful bladder condition the increase in pain which occurs with the procedure is typically short-lived, typically less than two days.

If unexpected ill effects occur after the procedure, Dr O'Connell's rooms or the Day Procedure Unit (Telephone 9342 4870) should be notified.

Item numbers associated with this procedure are: 36812\* or 36836\*