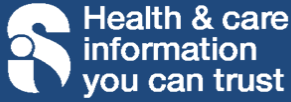


ENDOSCOPY DEPARTMENT

Patient Information



The Information Standard Certified Member

Information

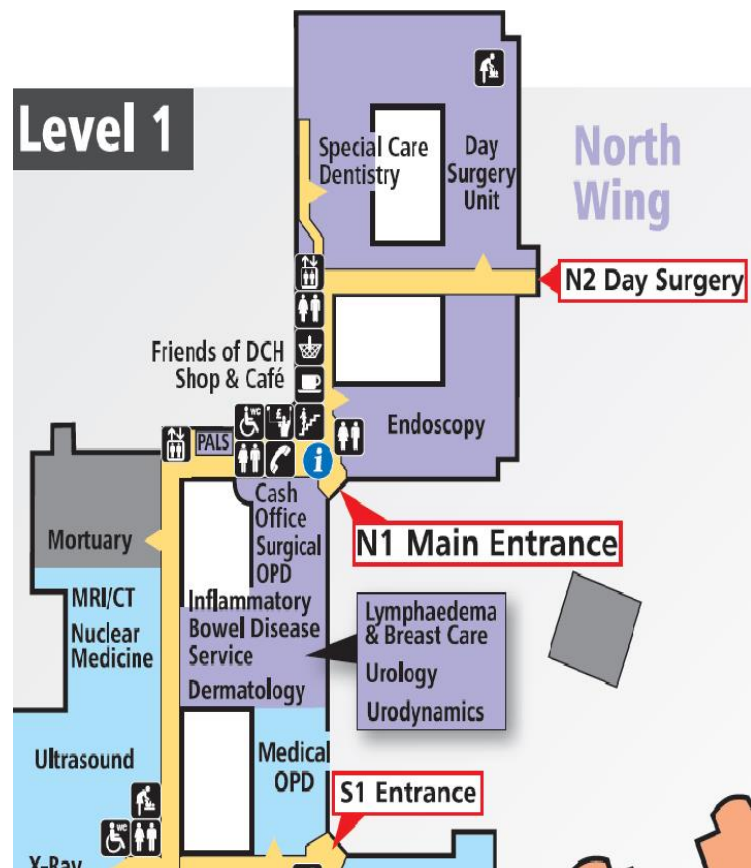
If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Having a Flexible Cystoscopy

Endoscopy Unit
North Wing Entrance 1
Dorset County Hospital
Williams Avenue
Dorchester
DT1 2JY



The car parking is pay & display. You will need to pay for the first 2 hours. When you enter the hospital grounds, follow the signs for North Wing Entrance 1 and the Endoscopy Unit will be signposted as you enter the main entrance.

GENERAL INFORMATION

TELEPHONE NUMBERS FOR ENDOSCOPY DEPARTMENT:

RECEPTION (general enquiries only)	01305 255225
APPOINTMENTS (appointment enquiries only)	01305 255701
CLINICAL ADVICE (enquires about preparation)	01305 253152

If you call the Clinical Advice line and your call goes to answer phone please leave the following details:

- Name and telephone number
- The procedure you are having
- Date and time of appointment
- Your hospital number or NHS number (see appointment letter left hand corner at top)
- Your query

Someone will return your call as soon as possible to discuss your telephone message with you.

Unfortunately due to the nature of the investigations and individual needs of each patient it is not always possible to run to time. The staff will endeavour to keep you informed of any delays.

Cystoscopy - PLANNING YOUR CARE

If you are taking any of the following medications or have the medical conditions listed here, please contact the Clinical Advice line above to help us plan appropriate care and management of your condition during your visit with us:

DO YOU HAVE:	YES
Diabetes?	No action required
Recent Heart Attack	Call clinical advice line
Aspirin or Dypridamole therapy	No action required
Warfarin therapy	No action required
Blood thinners such as Clopidogrel Prasugrel, Ticagrelor,	No action required
Blood thinners such as Dabigatran, Rivaroxaban, Apixaban, Edoxaban	No action required
If you are pregnant	Call clinical advice line

Please continue all medications as usual.

General Information

Our aim in the Endoscopy Unit is to make your stay as comfortable and as pleasant as possible.

Please be reassured that during both admission and recovery your privacy will be respected and we will be sensitive to your needs.

Having a Flexible Cystoscopy

This leaflet will explain what this is and will inform you of what to expect when you visit the Endoscopy Unit.

What is a Flexible Cystoscopy?

The term comes from the Greek word cysto, meaning bladder. A Flexible Cystoscopy is a procedure where an Endoscopist can look at parts of your urinary system using a flexible telescope.

The Urinary System

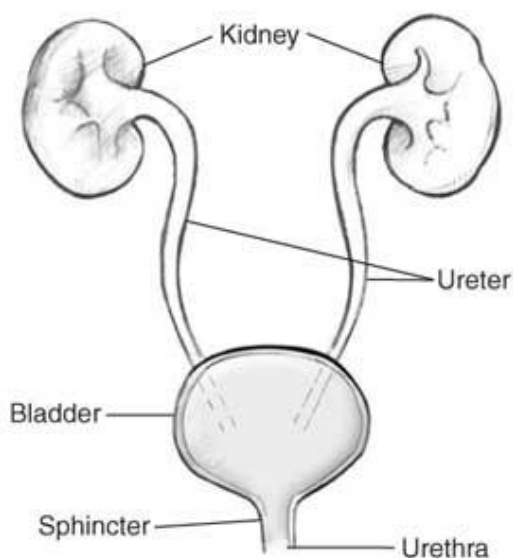


Figure 1 (female)

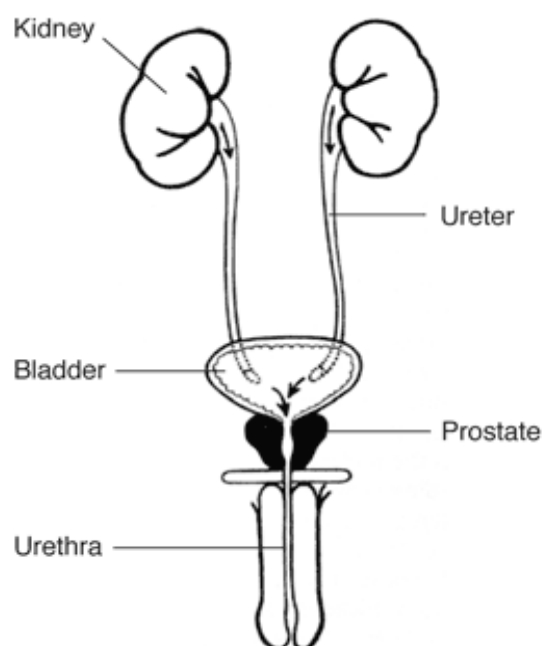


Figure 2 (male)

The kidneys produce urine, which travels through the ureters to the bladder where it is stored. The bladder is a muscular bag which, when full, is about the size of a grapefruit. When the time comes to pass urine, the muscle wall squeezes the urine out into the urethra. In women the urethra is only about one inch long. In men it is much longer and passes through the prostate gland. Both men and women

have muscular valves called sphincters, which control the flow of urine.

The Flexible Cystoscopy

This is a look inside the urethra and bladder with a small thin flexible telescope (called a cystoscope). It only takes a few minutes and, although people may find it a bit uncomfortable, it should not be painful.

Why have a Flexible Cystoscopy?

The purpose of a Flexible Cystoscopy is to see if there are any abnormalities of the bladder or the urethra. The pictures will show any areas of inflammation or other abnormalities. Many examinations show a healthy urinary tract.

What are the benefits of having a Flexible Cystoscopy?

During a Flexible Cystoscopy the lining of the bladder and the urethra can be very clearly seen. It is an excellent way to get a diagnosis of your symptoms or to reassure you that all is well.

The cystoscope has a hollow tube inside that can be used to fill the bladder with sterile water. It can also be used to remove urinary stents.

Is there an alternative to Flexible Cystoscopy?

There is no other investigation that can provide your doctor with all this information. If you are unsure about this examination please seek more information from the doctor who referred you.

Possible side effects in having a Flexible Cystoscopy

Urinary Symptoms - Sometimes a mild burning on passing urine can be experienced. This usually gets better after a day or so.

Blood in the urine - A little bleeding can be common after this procedure, but should settle after a day or so.

Urine infection – This is an occasional problem after a Flexible Cystoscopy. If you develop a temperature, pain, persistent burning or bleeding then you need to contact your G.P. who may need to prescribe some antibiotics.

Preparing for your Flexible Cystoscopy

There is no special preparation for the test. You can eat and drink as normal. As the test does not involve any sedative injection you can drive yourself to and from the appointment.

When you get to the Endoscopy Unit

You should allow approximately 1 hour for your Cystoscopy in the Endoscopy Unit. It is not unusual to feel anxious about having a Cystoscopy. The nurses and doctors understand this and will do their best to reassure you.

When you come to the Endoscopy Unit please give your name to the receptionist. A nurse will come and meet you and take you through to a private office. They will ask you some questions about your health.

Please bring a list of your medications with you.

Please tell the nurse if you are allergic to any medicines. You can ask any questions that you have or tell the nurse of any worries.

It is not necessary for you to change into a hospital gown for the procedure, however the nurse will offer you the opportunity to do so if you wish. Although there are male and female patients within the Endoscopy Unit, your privacy and dignity will be respected at all times. You will be asked to empty your bladder before the procedure.

Signing the Consent Form

The Endoscopist, who is a member of the Urology team, will meet you and talk to you about the procedure. It is important that you understand what is likely to happen and that you have asked any questions that you may have. This will help you make the decision whether to go ahead with the procedure.

The Procedure

You will be introduced to the staff working in the treatment room, who will ask you to lie on your back on the trolley. You will then be covered by a sterile sheet. The Endoscopist will then use some mild antiseptic solution to clean around the genital area. Some local anaesthetic jelly will then be squeezed into the urethra. This may sting for a brief time. The Endoscopist will then insert the tip of the instrument into the urethra and onwards to the bladder.

Men may experience a slight stinging sensation as the cystoscope passes through the sphincter muscle below the prostate. Relaxing the stomach muscles at this point will help allow the cystoscope to pass easier and may ease the stinging.

When the bladder is empty there are folds in the lining. Sterile water is run into the bladder through the cystoscope to stretch out the folds so that all of the bladder can be seen.

Sometimes the urethra can be narrow, so it may be necessary to carry out a slight stretching of the area.

The nurses or Endoscopist will explain exactly what they are doing throughout the procedure.

Afterwards the Endoscopist will talk to you about what has been found and discuss with you any further action that needs to be taken.

Going Home

The nurse will give you some discharge advice and some instructions to follow for a few days after the Flexible Cystoscopy. **Please follow all the advice carefully.**

If you experience any problems related to your visit to Endoscopy, including the need to see your GP or attend hospital, please let the department know. A brief written summary would be helpful. We welcome all feedback to enable us to further improve the service offered.

Patients' Property

You are advised not to bring expensive items of jewellery or clothing with you when you visit the Endoscopy Unit.

You will be given a patient property bag to place your clothes in if changing for your procedure.

You will be asked to keep your property with you at all times.

The Endoscopy Unit and Dorset County Hospital NHS Foundation Trust cannot accept responsibility for the safeguarding your property.

Information Booklet for Flexible Cystoscopy

We wish to seek your views on how helpful you found the information provided in this booklet. Please would you kindly take a few minutes to complete the following form, and write any comments you wish to make below.

Did you find this booklet helpful? Yes No

Did it contain the type of Information you wanted? Yes No

Would you have liked more information? Yes No

If yes, please tell us.....
.....

Is there anything else you would like to know? Yes No

If yes, please tell us.....
.....

Did you experience any unexpected discomfort following this procedure that required you to visit your GP?
.....
.....

Your comments.....
.....
.....

Please cut along the dotted line and return this sheet to:

Endoscopy Unit