

Hosp No. :	HKID No.:
Case No. :	
Name :	
DOB :	M / F
Adm Date :	
Contact No. :	

Procedure Information Sheet – Cystoscopy

1. Introduction

- 1.1. Cystoscopy is an investigation in which a soft and flexible cystoscope is passed through the urethra into the urinary bladder. The direct visualization enables doctor to examine any abnormalities of the lower urinary tract such as tumours, urethral strictures, stones or inflammation. Additional therapeutic procedures such as haemostasis, bladder biopsy, insertion or removal of ureteral stent can also be performed at the same time.

2. Pre-operative preparations

- 2.1. A written informed consent is required.
- 2.2. Patient should follow the instruction from doctor to keep fasting if necessary.

3. Procedures

- 3.1. The operation can be performed under local anaesthesia, intravenous sedation, monitored anaesthetic care or general anaesthesia.
- 3.2. Instillation of local anaesthetic gel to the urinary tract which will reduce discomfort before introducing cystoscope into urethra and bladder.
- 3.3. Normal saline is infused to distend the bladder to facilitate direct visualization thus it is normal if patient feels urgency.
- 3.4. Urethral dilation, bladder washout, biopsy, removal of ureteric stent maybe performed if indicated.
- 3.5. Procedure will take about 15 minutes. In complex cases that require additional therapeutic procedure may take a longer time.

4. Post-operative Instructions

- 4.1. Diet can be resumed only after the effects of any anaesthesia or sedative have worn off.
- 4.2. Our medical staffs would inform the patient the result of the examination and if any drug treatment is suggested. Patient should follow the instruction given by our medical staffs.
- 4.3. If sedation is given, patient should avoid operating heavy machinery, driving or signing any legal document for the rest of the day.
- 4.4. Patient may contact our Endoscopy Centre during office hours if there are any discomfort or enquiries about the procedure and result.
- 4.5. Patient should immediately consult doctor or return to any hospital for professional attention in the event of fever, difficulty in urination, turbid urine, heavy blood in urine etc.

5. Possible Risks and Complications

- 5.1. Cystoscopy is a very safe procedure.
- 5.2. Possible complications are:
 - 5.2.1. Common: Mild blood in urine, urethral soreness and urgency, these will usually subside after 1-2 days.
 - 5.2.2. Uncommon: urinary tract infection, medication needed.
 - 5.2.3. Rare: Bladder injury, perforation of urethra or bladder resulting in bleeding or infection. Medication and surgical intervention may be necessary.

6. Reference

- 6.1. Hospital Authority. Smart Patient Website.
- 6.2. Nuada Urology. Cystoscopy- Patient information.



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