

Pre-operative investigations will be carried out upon admission and this may include blood taking, urine sampling, ECG and X-ray. You will be seen by the urology and anaesthesiology teams. You may be asked to purchase equipment necessary for the surgery.

The procedure

For a rigid cystoscopy:

- You lie down on a special couch with your legs in supports
- Your genitals are cleaned with an antiseptic and a sheet is placed over the surrounding area
- You're given an injection of general anaesthetic (which makes you fall asleep) into your hand, or a spinal anaesthetic (which numbs the lower half of your body) into your lower back
- The cystoscope is inserted into your urethra and gently moved down towards your bladder
- Water may be pumped into your bladder so your doctor or nurse can see inside it more clearly
- The procedure can last up to 15-30 minutes.

Does it hurt?

You won't have any pain or discomfort during the procedure because you'll be asleep or your lower half will be numbed.

Afterwards

- When the procedure is finished, you'll be taken to recovery room to recover from the anaesthesia.
- Sometimes you may have a thin tube called a catheter placed into your bladder to help you pee. This will be taken out before you go home.
- Your doctor or nurse may be able to discuss the results of the cystoscopy shortly afterwards. But if a small tissue sample was removed for testing (biopsy), you may not get the results for two or three weeks.

Going home

- After a rigid cystoscopy

Most people leave hospital the same day, after urinary catheter is removed and you are able to empty your bladder. However, sometimes an overnight stay might be needed, depending on your indication of surgery.

- Getting back to normal after a rigid cystoscopy

After a rigid cystoscopy:

- ⇒ rest at home for a day or two – you may need to take a couple of days off work
- ⇒ make sure someone stays with you for the first 24 hours
- ⇒ don't drive or drink alcohol for at least 24 hours
- You can usually return to your normal activities including work, exercise and having sex – when you feel able to.

5. After effects of a cystoscopy

After a cystoscopy, it's normal to have:

- a burning or stinging sensation when peeing
- some blood in your pee, which may turn it slightly pink
- a need to pee more often than usual

These side effects should pass after a day or two.

Drinking plenty of water during the first few days can help. You can also take painkillers such as paracetamol to reduce any discomfort.

6. When to get medical advice

Contact your doctor for advice if:

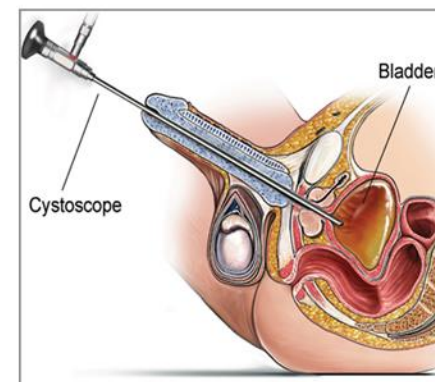
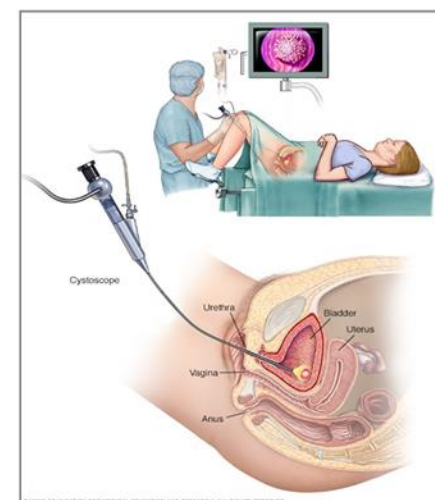
- the pain or bleeding lasts more than a few days
- peeing is very painful
- your pee becomes so bloody that you can't see through it
- you see red lumps (blood clots) in your pee
- you can't empty your bladder
- your pee smells bad
- you get a high temperature (fever) of 38C (100.4F) or above
- you feel sick or vomit
- you have pain in your lower back or side

7. Useful contact numbers

- Urology ward (9TD) - 03-79494328
- Urology daycare - 03-79492981
- Minor OT - 03-79492765



CYSTOSCOPY



1. What is cystoscopy?

Cystoscopy is an endoscopic procedure that allows your doctor to examine lower urinary tract including bladder and urethra (urine outlet channel). There are two types: flexible or rigid cystoscopy.

2. Why it's done?

Cystoscopy (Flexible or Rigid) is used to diagnose, monitor and treat conditions affecting the bladder and urethra. Your doctor might recommend cystoscopy to:

- **Investigate causes of signs and symptoms** (include blood in the urine, incontinence, overactive bladder, painful urination).
- **Diagnose bladder diseases and conditions.** Examples include bladder cancer, bladder stones and bladder inflammation (cystitis).
- **Treat bladder diseases and conditions.** Special tools can be passed through the cystoscope to treat certain conditions. For example, very small bladder tumors might be removed during cystoscopy.
- **Diagnose an enlarged prostate.** Cystoscopy can reveal a narrowing of the urethra where it passes through the prostate gland, indicating an enlarged prostate (benign prostatic hyperplasia).

3. Risks of cystoscopy

Complications of cystoscopy can include:

- **Infection.** Rarely, cystoscopy can introduce germs into your urinary tract, causing an infection. To prevent infection, your doctor might prescribe antibiotics to take before and after your cystoscopy. Risk factors for developing a urinary tract infection after cystoscopy include advanced age, smoking and unusual anatomy in your urinary tract.
- **Bleeding.** Cystoscopy might cause some blood in your urine. Serious bleeding occurs rarely.
- **Pain.** You might experience abdominal pain and a burning sensation when urinating. These symptoms are generally mild and gradually decrease after the procedure.

4. What to prepare and what to expect?

A. Flexible Cystoscopy (FC)

A flexible cystoscopy is where a thin (about the width of a pencil) and bendable cystoscope is used. You stay awake while it's carried out.

Preparation

- In UMMC, flexible cystoscopy is being done in the Minor Operating Theater, located in Menara Utama 1st Floor. Admission is usually not required.
- You can eat and drink as normal before a flexible cystoscopy.
- Before the procedure starts, you'll be asked to undress from the waist down and put on a hospital gown.
- You may be asked to pee into a container so it can be checked for an infection. The procedure may be delayed if a urine infection is found.

The procedure

- After positioning, cleaning and covering the area, the flexible (soft scope) is inserted into your Urethra with the application of some local anaesthetic gel. You will be awake during the procedure and you can also see on monitor what are the findings inside.
- Normally, the procedure will take about 5-10 mins.

Does it hurt?

- People often fear that a cystoscopy will be painful, but it doesn't usually hurt. Tell your doctor or nurse if you feel any pain during the procedure.
- It can be a bit uncomfortable and you may feel like you need to pee during the procedure, but this will only last a few minutes.

Afterwards

- After the procedure, you need to go to toilet and empty the bladder and then you will be given the clinic appointment to see doctor to explain the findings, further management and trace the tissue result if any sample were taken.

Going home

- You'll be able to go home shortly after a flexible cystoscopy, once you've emptied your bladder.

Getting back to normal after a flexible cystoscopy

- You can return to your normal activities – including work, exercise and having sex – as soon as you feel able to after a flexible cystoscopy.

B. Rigid Cystoscopy

A rigid cystoscopy is where a cystoscope that doesn't bend is used. You're either put to sleep for the procedure or the lower half of your body is numbed while it's carried out.

Preparation

I. Pre-admission clinic procedures

a. Details on your health

Several weeks before the surgery, you will be seen in the pre-operative anaesthesiology assessment clinic. Blood tests, heart pacing (electrocardiogram, ECG), X-rays and other tests which are deemed necessary for your pre-operative investigation will be performed.

A discussion will be held regarding the mode of anesthesia. Depending on your other medical conditions, visits to other doctors such as the cardiologist, respiratory physician or endocrinologist may be needed to assess your fitness and optimize you for surgery.

b. Medications

If you are on blood thinners, instructions will be given on when to withhold or adjust your medication.

II. Preparing for admission

a. Advice prior to admission

Please arrange leave from work before your surgery. You may need help to care for your dependents during your hospital stay.

b. Medications, fasting etc.

Please follow your doctor's advice regarding when to withhold your blood thinners before the operation. Failure to do so may result in the operation being postponed to another date. Fasting should commence at least 6 hours before your surgery. You may be advised to withhold other medications such as your diabetes and high blood pressure medicines while you are fasting. Please let us know of any known allergies towards medications.

III. Arrival to UMMC

You will need to be admitted one day before the surgery. However, you may be advised to be admitted earlier depending on your medical conditions. The registration counter is located on the 1st floor of Menara Selatan. From there, you will be brought up to the ward.