



Flexible Cystoscopy with or without stent removal

A cystoscopy is a procedure where a flexible cystoscope is used to visualize and evaluate the urethra, bladder and prostate. It may also be used to remove a stent if one was placed in the ureter during surgery, typically after some surgeries for kidney stones or ureteral obstructions. Cystoscopy is useful to evaluate causes of multiple medical issues in both men and women:

- Blood in the urine
- Blood on a urinalysis
- Blood in the semen
- Incontinence
- Bladder position
- Evaluation of previous bladder sling surgeries
- BPH/prostate obstruction
- Bladder irritation
- Chronic UTIs
- Chronic prostatitis
- Bladder cancer surveillance
- Stent removal from surgery

How do I prepare for the procedure?

- Your urine needs to be clear of infection.
- It is preferable that you are not menstruating.
- If a stent was placed and being removed, we advise taking one dose of ibuprofen before the procedure.
- You do not need to fast before the procedure.
- If you take any blood thinners, including aspirin, this will need to be discussed with your provider.
- Disclose any medications, allergies, medical or surgical history to the provider.

What happens during a cystoscopy?

A cystoscopy in-office procedure that takes about 10 minutes. You are not under general anesthesia, but a local lidocaine gel is used to anesthetize the urethra. This can cause a temporary burning sensation when initially applied, but within minutes it dissipates and the urethra is numb. The procedure is not painful, but may be uncomfortable.

We will check your urine before the procedure to ensure there is no infection. You will be placed in a supine position and the perineal area will be sterilized using betadine. Then, a small, thin, flexible cystoscope (tube) with a camera is inserted into the urethra until it reaches the bladder. The urethra, prostate, bladder and ureteral orifices are visually evaluated as the scope is inserted. Your bladder is then filled with sterile water and the scope is moved around the bladder to evaluate tissue. Biopsies of the bladder tissue can be taken at this time if needed. Occasionally, cystoscopy is used to stop bleeding.

Once anatomy is visualized and biopsies taken if necessary, the scope is removed. The provider will discuss any findings and an appropriate plan and follow-up will be determined.

If a stent has been placed and needs to be removed, the provider will use a small grasping device on the cystoscope that will grab the string and it will be quickly removed.

We ask that you empty your bladder completely after the procedure and we provide one dose of an antibiotic and sometimes one dose of a medication that may help with bladder discomfort that will turn your urine blue. We ask you take both medications in the office after emptying your bladder. A follow-up appointment is made before you leave the office.

The provider will go over the details of the procedure before it is performed and ensure your consent.

What should I expect after the procedure?

- Possible discomfort with urination for 24 hours.
- Blood in the urine that resolves with time. This may be present on or off for up to 2 weeks.
- Small pieces of tissue in the urine that resolve.
- If a stent was removed, there may be some spasming of the ureter. Taking one dose of Motrin or ibuprofen after the procedure will help ease the spasms. They should resolve within 48-72 hours.

What are the risks?

- Infection
- Inability to urinate
- Bleeding
- Rarely scarring in the bladder or urethra

What happens next?

A follow-up appointment is made. If biopsies were taken during the procedure, they will be sent to pathology for evaluation. It may take up to 1 week to receive results. We will meet with you to discuss results and if the follow-up plan needs to be changed we will do so.

When should I call the office?

- Unresolved or excessive bleeding
- Inability to urinate
- Signs of a urinary tract infection
- Fever over 101

If you have any questions or concerns please contact our office between Monday-Thursday 8:30 AM-4:30 PM, Friday 8:30 AM-1:00 PM (we are closed for lunch and do not answer the phones between 12:00 PM-1:30 PM).