

Introduction

This is a procedure that involves passing an endoscope through the urethra to examine the urethra and urinary bladder.

The Operation

1. A local anaesthetic lubricant jelly is injected into the urethra.
2. A flexible fibre-optic cystoscope is passed via the urethra into the bladder.
3. Fluid is infused, through the cystoscope, to distend the bladder for easier examination.
4. A biopsy may be required.

Preoperative Preparation

1. Admit 1 day before or on same day of this elective operation.
2. A written consent from the patient is necessary.
3. Anaesthetic assessment. **Inform your doctor** about drug allergy, regular medications or any medical conditions.
4. Keep fast for 6 to 8 hours before operation if intravenous sedation is to be given.
5. Empty bladder and change to operation clothes before transfer to operating room.
6. Pre-medication, antibiotic prophylaxis and intravenous line may be required.

Postoperative Instruction

General

1. Mild discomfort or pain over the operation site. Inform nurse or doctor if pain severe.
2. Nausea or vomiting are common; inform nurses if symptoms severe.
3. Inform nurses if more analgesics are required.
4. Can mobilize and get out of bed 2 hours after operation. And usually go home the following day.

Diet

Resume diet usually 2 hours after anaesthesia, when taking sips of water well. Increase fluid intake after the examination.

Common Risks and Complications (not all possible complications are listed)

Anesthesia related complications

1. Cardiovascular: myocardial infarction or ischaemia, stroke, deep vein thrombosis, pulmonary embolism.
2. Respiratory: atelectasis, pneumonia, asthmatic attack, exacerbation of chronic obstructive airway disease.
3. Allergic reaction and shock.

Procedure related complications

1. Urinary tract infection.
2. Heavy haematuria after biopsy.

Things to take note on discharge

1. Contact your doctor or the Accident & Emergency Department if you find increasing pain or redness around the wound and discharge from the wound.
2. Take analgesics prescribed by your doctor if required.
3. Resume daily activity gradually.
4. Burning sensation may be experienced when voiding, and urine may be slightly blood-stained.

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor. Evangel Hospital reserves the right to amend this leaflet without prior notice. We welcome suggestions or enquiries on the information provided in this leaflet. Please contact our Healthcare professionals so that we could follow up and make improvement.

Reference

Queen Mary Hospital: "Flexible Cystoscopy in Queen Mary Hospital (2017)"
<https://www21.ha.org.hk/smartpatient/SPW/MediaLibraries/SPW/SPWMedia/flexible-cystoscopy.pdf?ext=.pdf> (20-07-2023)