

Patient Information Leaflet

CYSTOSCOPY & CYSTODISTENSION

Produced By: Obstetrics & Gynaecology

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If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

What is Cystoscopy & cystodistension of the bladder?

This is a procedure which involves looking inside the bladder with a telescope and distension of the bladder with fluid to stretch it. The aim is to assess more details of your bladder, to increase bladder capacity so as to reduce symptoms such as urgency (a sudden urge to pass urine which is difficult to control) or frequency (passing urine often). Bladder biopsy (a small sample of tissue) may be taken at the same time to rule out cancer and to determine a diagnosis

The procedure can be performed as an out patient procedure or as a day case procedure (meaning that you can go home the same day as your operation).

What happens during the procedure?

This procedure can be performed under local anaesthesia, general anaesthesia or a spinal anaesthetic. A telescope is inserted through the water tube (urethra) to inspect both the urethra itself and the whole lining of the bladder. The bladder is then stretched gently with fluid. Usually, six hundred millilitres of fluid will be infused and kept in the bladder for 10 minutes. You will usually be given antibiotics during the procedure.

Are there any complications?

Most procedures have potential complications. You should be reassured that, although all these complications are well-recognised, the majority of patients do not suffer any problems after the procedure.

Here are possible complications:

Common

- Mild burning or bleeding on passing urine for a short period
- Urinary retention (inability to pass urine after the procedure)
- Temporary insertion of a catheter may be needed if you find difficulty to pass urine after the procedure

Occasional

- Infection of the bladder requiring antibiotics

Rare

- Delayed bleeding requiring removal of clots or further surgery
- Injury to the urethra causing delayed scar formation
- Perforation of the bladder requiring a temporary urinary catheter or return to theatre for open surgical repair

What should I expect when I get home?

In the first twenty four hours of having a general anaesthetic

- You should avoid being left in the house alone, or looking after young children
- It is your responsibility to ensure that you are fit to drive following your surgery. It is advisable to check with your insurance company as to how long your insurance is invalid following general anaesthetic.
- You should also avoid operating machinery: this includes cookers and other domestic appliances.

You may find that, when you first pass urine, it stings or burns slightly and it may be lightly bloodstained. When you get home, you should drink twice as much fluid as you would normally for the next 24-48 hours to flush your system through.

What else should I look out for?

If you develop a fever, severe pain on passing urine, inability to pass urine or worsening bleeding, you should contact your GP immediately.

What about my follow up visits after the procedure?

A follow-up appointment will be usually arranged between 6 and 12 weeks after the operation. to assess the effects of the surgery and to discuss further management

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues through NHS interactive available through Sky TV or online at: <http://www.nhsdirect.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquires@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

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