



Saint Mary's Hospital

Gynaecology Service – Warrell Unit

Out-patient Cystoscopy

Information For Patients



What is out-patient cystoscopy?

A cystoscope is a metal tube that can be passed along your water pipe into the bladder so that your Nurse or Doctor can see inside. It is attached to a camera so that pictures are displayed on a TV screen and photographs can be taken.

Out-patient cystoscopy is performed in an out-patient department without the need for a general anaesthetic. This means you will be awake during the test.

Why do I need a cystoscopy?

Your Doctor may ask for you to have a cystoscopy if you have any of the following problems for which usual treatments have not worked:

- Passing urine more often than normal
- Being woken up a lot at night by the need to pass urine
- Having to rush to the toilet to pass urine
- Leaking urine on the way to the toilet
- Having blood in your urine
- Bladder pain

These problems can have different causes. Cystoscopy can sometimes help to find out what is causing the problem.

Who will carry out the cystoscopy?

In the Warrell Unit, cystoscopy is carried out by an experienced Nurse Specialist or Doctor who has undergone a thorough training programme. Their ability is assessed by the Consultant Uro-gynaecologist on a regular basis.

What will happen when I come to the clinic?

The Nurse/Doctor will introduce themselves and ask you about your bladder problems to check that nothing has changed since your last visit. They will then explain why you are having the cystoscopy, what will happen during the test and answer any questions you may have.

Before the cystoscopy you will be asked to pass urine. For the test your underwear will need to be removed from below the waist. It is up to you whether you undress from the waist down and wear a hospital gown or just take off your underwear, leaving the rest of your clothes on.

You will then be asked to sit on an examination bed and place your legs over special supports that will help you to stay relaxed and still.

Your genital area will be cleaned with antiseptic and some gel passed into the water pipe to help the cystoscope pass easily. As the cystoscope is passed it releases sterile fluid into the water pipe and bladder, so you may feel some wetness down below throughout the test.

Once inside the bladder the cystoscope is gently moved from side to side and up and down so that the whole bladder is seen. If you would like to see the inside of your bladder, tell your Nurse and she can show you the screen and explain what you are seeing.

The cystoscope is then removed and you can get dressed and go to the toilet if you need to.

How long will it take?

Once the cystoscope is inside the bladder the test takes 5-10 minutes. The whole procedure, from the time you enter the clinic room to the time you leave, varies depending on how many questions you have, how long it takes you to undress, etc. but is usually between 30-45 minutes.

Will it hurt?

Cystoscopy should not be painful. You will be aware of the cystoscope being passed and it may be an unpleasant feeling, or a feeling of wanting to pass urine.

If you experience any pain, please inform the Nurse or Doctor, who will stop the procedure.

What happens after the cystoscopy?

The Nurse/Doctor will explain what they have seen and how this affects the problems you have with your bladder.

Depending on what is found, the Nurse/Doctor will either ask your GP to start some treatment straight away and make a follow-up appointment to see how it is working, or they will discuss the results with your Consultant and inform you by telephone of what happens next.

Will there be any after effects?

Passing the cystoscope may cause some irritation to the water pipe so you may experience stinging when you pass urine and may need to go to the toilet more frequently. This could last for a day or two. In order to relieve this you should drink only plain water (3-4 pints per day) for a couple of days, avoiding tea, coffee, fizzy drinks and alcohol.

There is a small risk of urine infection so, if these symptoms do not go away after 2 days, or if you have any flu-like symptoms such as shivering, muscle aching or a fever, or groin pain, see your GP.

Please also let your Nurse at the Warrell Unit know by telephoning:

(0161) 701 6150

I need more information, what should I do?

If you have any questions please contact the Warrell Unit Clinical Nurse Specialist on:

(0161) 701 6150

Monday – Friday

8.30 am – 5.00 pm

Zero Tolerance Policy

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website www.nhs.uk – click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: (0161) 276 8686 E-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

Please use this page to write down any questions or concerns you may have, or for your own notes.

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تتص سياستنا على عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کرسکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

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我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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