

2014

# Cystoscopy – Local Anesthetic

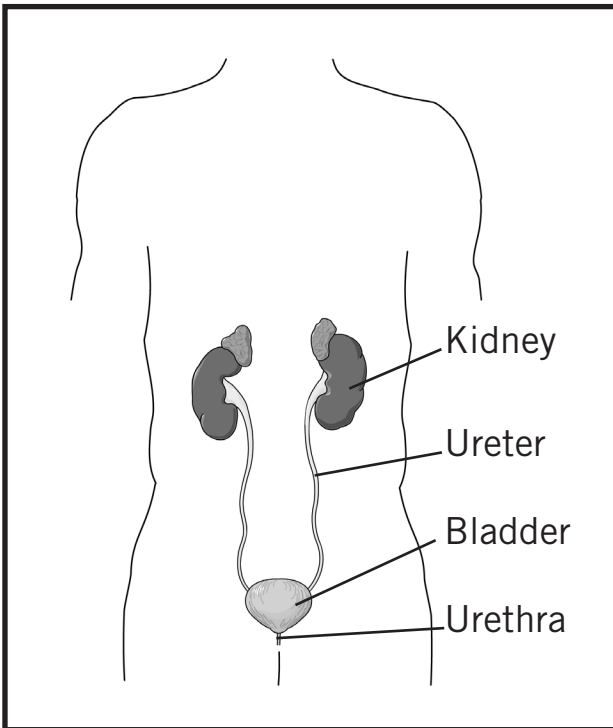
# Cystoscopy – Local Anesthetic

## What is a cystoscopy?

A cystoscope looks like a thin telescope with a lens and light. Your urologist will look at the inside of your bladder and urethra (where urine comes out) with a cystoscope. This procedure is called a cystoscopy.

## Why is a cystoscopy done?

A cystoscopy may be used to help get rid of your urinary symptoms for a while by slightly stretching the urethra.



## **Where do I go?**

Your cystoscopy will be in the Outpatient Clinic, Halifax Infirmary. Enter the Clinic from Robie Street. This will be on level 400. Register at the kiosk in the main lobby. You will then go to a common waiting area. Then you will go to the Urology Clinic where you will be asked to change into a hospital gown, housecoat, and slippers. Your clothes and other personal things will go in a locker. The hospital is not responsible for any lost items.

## **Parking**

Parking is available at the Robie Street entrance. There is free parking on the many side streets around the hospital but most have a 1 or 2 hour time limit.

## **Can I eat before a cystoscopy?**

You may eat your meals as usual. Keep taking your medications unless your doctor tells you not to.

## **How long does a cystoscopy take?**

It will only take 5-10 minutes. Please come to the hospital 30 minutes before your appointment. This is to make sure there is enough time to register and get ready.

## **What does it feel like?**

**You will be awake.** It will be done using local anesthetic (freezing). A special “jelly” will be used to “freeze” or numb the urethra. You may have some discomfort, but it is usually not painful. Feeling tense or anxious is normal. We will make every effort to make sure the procedure is private, and to make you feel comfortable.

## **How is a cystoscopy done?**

- You will be on your back on a special table. Your legs might be put in a type of “stirrups” for support.
- The genital area will be washed with a cleaning solution. It will be easier for you if you are relaxed. Try to relax your muscles, particularly those in your legs, lower abdomen, and pelvis. Breathe slowly and evenly.
- We use a sheet to cover you for privacy. There will be a small hole in the sheet showing the opening to your urethra.
- Local anesthetic in the form of a “jelly” may be squirted into the urethra.

- Your urologist will gently pass the lubricated cystoscope through the urethra into the bladder. The female urethra is short and the procedure is quite simple. In males, the urethra is longer and not as straight so there may be a little more discomfort.
- The bladder will be filled with sterile water so the entire surface can be examined. You may feel the need to pass urine (pee) as your bladder is filling. Small stones, urine, or tissue samples may be taken at this time.
- The water may be drained out of the bladder. The cystoscope is then removed.
- Your urologist will talk about his/her findings with you. A report will be sent to your doctor.

## **What should I expect at home?**

You may see a small amount of blood in your urine and feel slight burning when you pass your urine. Both should go away within a day. Drink extra fluids to help lessen any burning and bleeding. Your urologist may give you pills to protect you from infection.

## **Call your doctor if you have:**

- Unusual difficulty passing your urine.
- Burning (when you pass your urine) for more than 24 hours.
- Bleeding for more than 48 hours (2 days).
- A fever or you feel ill within the first few days.
- If you need to see a doctor, please contact your family doctor or go to the nearest Emergency Department unless otherwise instructed by your Urologist.

Doctor: \_\_\_\_\_

Telephone: \_\_\_\_\_

If you have any questions, please ask.  
We are here to help you.

# Notes:

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