**What is a cystoscopy?**

A cystoscopy is a procedure where a flexible scope is used to visualize and evaluate the urethra, bladder, and prostate. It can also be used to remove a stent. Cystoscopy is useful to evaluate the causes of many urological issues in both men and women:

- Blood in the urine
- 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

**How do I prepare for the procedure?**

- Your urine must be clear of infection.
- We prefer you to be off your menstrual cycle
- Take ibuprofen, especially for a stent removal
- You do not need to fast before the procedure.
- Disclose any medications (especially blood thinners), allergies, medical or surgical history to the provider.

**What happens during a cystoscopy?**

A cystoscopy is an in-office procedure that takes about 5-10 minutes. You have the option to use nitrous oxide (laughing gas), which is extremely effective in relieving anxiety. We also use a local lidocaine gel to numb the urethra. Initially, it could cause a burning sensation before the area becomes numb. The procedure is not painful but may be uncomfortable. While lying on your back, a small, thin, flexible tube with a camera is inserted into the urethra until it reaches the bladder. As the scope is inserted, the urethra, prostate, bladder, and ureteral orifices are evaluated. Your bladder is filled with sterile water, and the scope is moved around the bladder to evaluate the appearance of the tissue. Biopsies of the bladder tissue can be taken at this time if needed. After the scope removal, the provider discusses any findings, and an appropriate plan and follow-up are determined.

**What happens after the procedure?**

Empty your bladder immediately. We provide one dose of an antibiotic and occasionally medication that helps relieve bladder discomfort. Take these medications before leaving the office. Before you leave the office, be sure to make a follow-up appointment. If we did a biopsy, we send them to pathology for evaluation. It may take up to one week to receive results. At the follow-up appointment, your provider discusses the results and whether a new plan is needed.

**What should I expect after the procedure?**

- Possible discomfort with urination for 24 hours.
- Blood in the urine that may be present for up to 2 weeks.
- Small pieces of tissue in the urine that resolve.
- If a stent was removed, there might be some spasming of the ureter. Taking one dose of Motrin or ibuprofen after the procedure helps 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

**When should I call the office?**

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

**Important Contact Information**

Midtown Urology
911 W. 38th Street, Suite 200
(512) 451-7935 phone
(512) 451-7965 fax

If you need to reach the doctor after hours for an urgent matter, please call our office at 512-451-7935 and follow the prompts to be connected with the on-call provider.
You may also go to Seton Main Emergency Room on 38th and N. Lamar. Please only go to this hospital as our physicians have privileges there.

**Hospital for Emergencies**

Seton Main Medical Center
1201 W 38th St, Austin, TX 78705