

A **cystoscopy** is the direct examination of your bladder using an instrument called a cystoscope (telescopic lens with light source). The cystoscope is passed into the bladder through the urethra (the opening through which you pass urine). The bladder is viewed from different angles. Biopsies may be obtained with this instrument. You may require blood tests, urine tests, before the surgery. You may also require a consultation with the Anaesthetist.

### **DAY OF SURGERY**

**Please review: *General Surgery Information Sheet***

Cystoscopy is a day surgery. You will be discharged home the same day as your surgery.

### **PREPARING FOR YOUR SURGERY**

The Nurse assigned to your care will prepare you for your surgery.

You will:

- change into a hospital gown,
- have an IV inserted,
- have your height, weight and vital signs taken,
- have additional blood tests done if required.

### **WHEN IT IS TIME FOR YOUR SURGERY**

- A Nurse will escort you to the Operating Room.
- You will speak with your Surgeon, Anaesthetist and Operating Room staff and have an opportunity to ask questions prior to your surgery.

### **WHAT TO EXPECT AFTER THE PROCEDURE?**

- You will be taken to the recovery room where a Nurse will monitor your vital signs and ensure you are recovering.
- Once you are fully awake from the anaesthetic, you are then ready to return to your room. You will be taken by stretcher to the Day Surgery unit where you will be monitored, be provided something to drink.
- Once you are ready to leave, the Nurse will provide you with discharge instructions.
- Please follow the discharge instructions when you leave the hospital.
- Ask questions and ensure you understand your discharge instructions.
- Have a friend or family member drive you home following your discharge from the Hospital.

## **DISCHARGE INSTRUCTIONS**

It is normal when you void (pass urine) to have blood-tinged urine and small clots. It is very important you drink plenty of liquids once home.

- Drink extra fluids, preferably water.
- Monitor urination. Note any changes in pattern i.e., frequency, burning, pain during urination and prolonged or increased bleeding.
- If biopsies were taken results will be ready in 10 – 14 days and your Surgeon may want a follow-up appointment.
- Resume normal activities.

**Do not hesitate to come into the Emergency Room if you experience any of the following:**

- fever over 38°C or 99.5°F,
- increased pain, redness, swelling, or smelly discharge from the area,
- increased bleeding,
- unable to urinate,
- chest pain associated with increased pain on taking a deep breath,
- sudden pain or swelling in the calf of your leg,
- pain that is not relieved by your pain medications.