

Flexible Cystoscopy

Information for patients

Your doctor has requested you have a Flexible Cystoscopy (visual inspection of the bladder) under local anaesthetic to investigate your symptoms. This leaflet is to give you more information about your procedure.

Before your appointment

If you experience painful urination, offensive smelling urine, or a high temperature you may have a urine infection and should contact your GP for advice and treatment. If you have these symptoms in the days before your appointment you will not be able to have your procedure as planned, so please contact the Waiting List Office to arrange a new appointment on 0131 537 1587 or 0131 537 1326.

Do I need any special preparation?

No, you do not need any special preparation for the procedure, and you may eat and drink normally both before and afterwards. Continue to take any medications as most recently advised by your GP or hospital specialist.

What should I bring with me on the day?

Please bring with you:

- **A urine sample, collected mid-flow on the same day as your appointment** (your local doctor's surgery can provide a suitable specimen bottle)
- A list of any medications you are taking
- Any mobility aids you might need (e.g. a walking frame).

Where should I go on arrival?

Check your appointment letter for the hospital you are to attend. On arrival please proceed straight to the relevant department:

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| • At the Western General Hospital | go to the | Day Bed Unit or Out-Patient Clinic, Lower Ground Floor |
| • At St John's Hospital | go to the | Endoscopy Unit |
| • At Roodlands Hospital | go to the | Day Surgery Unit (Ward 2) |

How long will it take and why?

You can expect the whole process to take around 1-3 hours. Although the inspection itself takes less than 15 minutes you will need time before hand to change into your hospital gown and for the nurses to test your urine sample. We will also ask you questions about your medical history and whether you have any current symptoms.

What will happen during the procedure?

Once in the procedure room some local anaesthetic jelly will be gently introduced into the urethra (urinary passage). The anaesthetic works quickly and numbs the area. Next a narrow flexible telescope is passed through the urethra into the bladder. Your bladder will then be filled with water to allow us to inspect all around it with ease.

What will happen after the procedure?

You can get dressed and a nurse will be able to tell you what the test showed. You will normally be able to go home after this. You may experience mild discomfort when passing urine during the next 24/48 hours which can be helped by moderately increasing your daily fluid intake by an extra glass or two of water.

X-ray appointment

You *may* also receive an appointment for the X-ray Department, and it is important that you attend for all appointments.

Keeping your appointment

If you cannot keep your appointment, or have been given one that is unsuitable, **please phone the Waiting List Office as soon as possible on 0131 537 1587 or 0131 537 1326**. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum. **If you fail to attend without notification, you may not be offered a further appointment.**

Public transport and travel information

Bus details available from: Lothian Buses on 0131 555 6363 www.lothianbuses.co.uk Traveline Scotland on 08712002233 or www.travelinescotland.com

Train details available from: National Rail Enquiries on 03457 484 950 or www.nationalrail.co.uk

Patient Transport

Patient Transport will only be made available if you have a medical/clinical need. Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI number available (find this on your appointment letter). Hard of hearing or speech impaired? Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr answer service).

Interpretation and translation

Your GP will inform us of any interpreting requirements you have before you come to hospital, and we will provide an appropriate interpreter. If you are having this procedure as an existing inpatient, staff will arrange interpreting support for you in advance of this procedure.

This leaflet may be made available in a larger print, Braille or your community language.

If you require a translator, and want to check that one will be provided, please ring the Waiting List Office on the numbers below.

Contact telephone numbers

Waiting List Office: **0131 537 1587** or **0131 537 1326**

More information

For more information about your procedure please visit the website or scan the QR code below:

www.baus.org.uk/userfiles/pages/files/Patients/Leaflets/Flexible%20cystoscopy.pdf

