

## Cystoscopy

This handout will tell you what to expect during your cystoscopy and what to do at home after your cystoscopy.

A cystoscopy is a procedure using a small camera (cystoscope) to look at your bladder and urethra (the tube which carries urine from your bladder to outside your body). The camera is attached to a narrow tube that will be inserted into the bladder through your urethra. The doctor will slowly fill your bladder with water so the walls expand and the inside of your bladder can be seen more easily. This is a sterile procedure.

Your visit will take 1 to 1.5 hours. The actual exam will take 5 to 10 minutes.

### Before the Exam

You should eat and drink as you normally would before this exam. There are no restrictions.

When you arrive at the clinic, we will ask you to give a urine sample. We will inform your doctor of the urine results. If your urine is infected with bacteria, we may not be able to continue with the exam.

The day of the exam we will ask you to give a brief health history, read and sign a consent form. A staff member will check your blood pressure and pulse before and after the exam.

Tell the staff if you have had an artificial joint replacement in the last 2 years.

We will wash you with a special soap and cover you with sterile sheets. We will use a numbing jelly on the area where the scope is inserted.

During or after the exam the doctor will talk with you about the results and your future care.

### After the Exam

- You may have burning and a small amount of blood in your urine. This should go away after you have urinated a few times.
- Drink 8-10 (8 oz) glasses of fluid the rest of the day and evening to decrease the risk of infection. This includes water, milk, tea, coffee, or juice.
- There are no activity restrictions after a cystoscopy.

### When to Call

- If you have red or bloody urine that lasts more than 1 day.
- If you are unable to pass urine.
- If your urine is cloudy or foul-smelling.
- If you have lower back or hip pain.
- If it burns when you pass urine for more than 24 hours.
- If your temperature is greater than 101°F by mouth.

### Who to Call

UW Health Urology  
**608-263-4757**

East Madison Hospital- Urology  
**608-440-6464**

One South Park Medical Center- Urology  
**608-287-2900**

Advanced Pelvic Surgery  
**608-265-6240**

**After hours, weekends, and holidays,** the clinic number is answered by the paging operator. Ask for the urology doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

**Toll free- 1-844-607-4800.**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2023 University of Wisconsin Hospitals & Clinics Authority, All Rights Reserved. Produced by the Department of Nursing. HF#4597