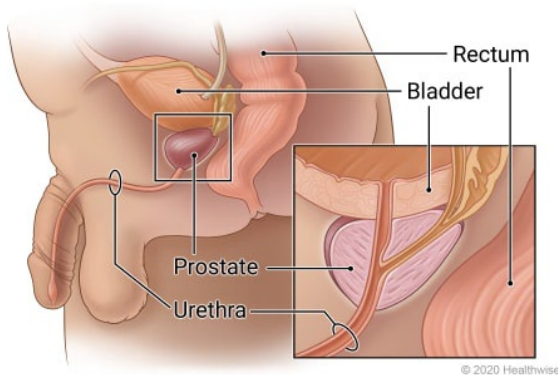


Cystoscopy with iTind™ Placement

This handout will tell you what to expect before, during, and after your cystoscopy with iTind™ placement.

A cystoscopy is a procedure using a small camera (cystoscope) to look at your bladder and urethra. The urethra is the tube that carries urine from your bladder to outside your body. The camera is inserted into the bladder through your urethra.



The iTind™ device is placed into your prostate using a thin tube and small camera. The device widens the urethra so that urine flows more easily. Your bladder will empty more completely.

Your visit will take 1 to 1.5 hours. The procedure will take 10 to 15 minutes.

After 5-7 days, the device is removed.

Before the Exam

If you take blood thinning medicine, discuss when to stop taking it with your doctor who prescribed it. These medicines increase the chance of bleeding after the placement.

Blood thinners usually need to be stopped 1 week before iTind™ placement.

Examples of blood thinners include Coumadin® (warfarin), Eliquis® (apixaban),

Plavix® (clopidogrel), and Xarelto® (rivaroxaban).

Tell your doctor if you have a catheter in place or if you self-catheterize. Your doctor may want to treat you with antibiotics **before** the procedure.

There is no eating or drinking restrictions.

Day of the Exam

When you arrive at the clinic, we may ask you to give a urine sample.

We will ask you to give a brief health history and read and sign a consent form. We will check your blood pressure and pulse before and after the exam.

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.

After the Exam

For 5 to 7 days, you will have a suture string running from the iTind™ and out of your penis. The suture string will be taped to the shaft of your penis. **Do not cut or damage the suture string.** This string will be used to help remove the device.

You may feel mild to moderate discomfort while the device is in place. Slight burning with urination, light blood or clots in your urine is expected.

You will receive medicine to help with the burning after placement of the device. You may take over-the-counter pain medicine if needed at home.

You may urinate more often and have more urge to urinate.

We suggest that you wear an absorbent pad in your undergarments. The pad helps to absorb any moisture that may wick from the retention suture.

When the device is in place, do not engage in any sexual activities or do any strenuous exercise. This includes:

- Heavy lifting,
- Cycling,
- Other activities such as sitting on a lawnmower or working with vibrating equipment.

The clinic will schedule a time for you to return for device removal.

When to Call

Call the clinic if:

- You are unable to pass urine.
- Your temperature is greater than 101°F by mouth.
- If you have large clots and/or ketchup-like urine.

Who to Call

UW Health Urology
608-263-4757

Eastpark Medical Center- Urology
608-914-0200

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

After hours, weekends, and holidays:
Toll free- **1-844-607-4800**

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.

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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 © 9/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8455