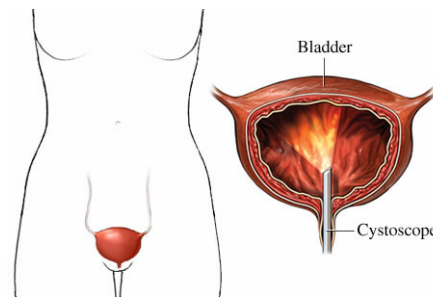


CYSTOSCOPY, HYDRODISTENSION AND BLADDER BIOPSY

What is a Cystoscopy?

A cystoscopy is a procedure that allows a doctor to look directly into your bladder. This is done using a thin telescope (cystoscope) which is passed through the urethra (waterpipe) allowing the doctor to view the inside of the bladder. Once completed the cystoscope is removed. A cystoscopy may be performed in order:-

- To check for any abnormality causing any urinary symptoms
- To find the cause of blood in the urine
- To find the cause of frequent bladder infections
- To remove a polyp (small growth from within the bladder)



What is a Hydrodistension?

Hydrodistension is possible when the cystoscope is inside the bladder. The bladder is filled with sterile water through the telescope until it is as full as possible, in order to stretch it. This will help increase the volume of urine the bladder can hold.

What is a Bladder Biopsy?

Occasionally a very small piece (biopsy) of the bladder wall will be taken to assess any inflammation of the bladder. It is likely that you may experience some blood (haematuria in the urine) after having a biopsy. Drinking 2-3 glasses extra of water a day, for three days, will help to flush this away.

What is the benefit of having this investigation?

This procedure enables the internal structure of the bladder to be directly viewed.

How are these performed?

These investigations are performed under a general anaesthetic, which means you will be asleep during this procedure. The procedure only takes 20-30mins

Are there any alternatives?

This is the most accurate and safest method of observing the inside of the bladder.

Will I have to stay in Hospital?

It is usual for this procedure to be performed as a daycase, allowing you to go home on the same day. If you have medical problems or the doctor requests you will stay in overnight.

Are there any risks involved in having a Cystoscopy, Hydrodistension and Biopsy?

You may experience a slight burning or stinging sensation when you pass urine for about 24-48hrs after the test. These sensations are caused by trauma to the urethra when the telescope is passed. Taking your usual pain relieving tablets may help ease this minor discomfort. A warm bath can also help, but avoid using perfumed soaps or bubble bath.

A urinary tract infection (UTI) is always a remote possibility following these investigations. If you experience the following symptoms within 2-4 days following the procedure you need to **contact your GP for advice.**

- **Urinary frequency, burning or pain** (That is not normally present when you pass urine)
- **Cloudy and/or foul smelling urine**
- **Fever or chills**

Going Home (As a Day Case)

The nurse looking after you on the ward will assess when you are fit to go home. Usually this is when you have recovered from the anaesthetic, had something to eat and passed urine. You will require a friend/partner to accompany you home. It may be advisable to stay off work for a day or two. Most women find they are able to return to their normal activities within 48hrs. An appointment will be sent to you in the post to be seen in the Outpatient or Urodynamic Department.

If you have any queries please do not hesitate to contact the Gynaecology Ward on 0151 708 9988 ext 4185 or the Urodynamics department on 0151 702 4185 to speak to the Urodynamics Specialist Nurse/ Contenance Advisor

Useful websites for further information

www.continence-foundation.org.uk
www.incontact.org

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