



KAISER PERMANENTE®

Cystoscopy

A cystoscope is a small, telescope-like instrument used to visualize the inside of the urethra—the tube leading to the bladder, the inside of the bladder, and—in the case of men—the inner channel of the prostate gland. A cystoscopy allows a doctor to examine the bladder for inflammation, a stone, a tumor, or other abnormalities.

If a urologist recommends that you have a cystoscopy, he or she will first explain the procedure and the reasons for doing it. The examination does not require admission to the hospital, and is usually done in the cystoscopy room, which is located in the urology clinic.

On the day of the examination, you may eat or drink as usual—unless instructed otherwise. Before the procedure begins, a nurse or doctor will wash your genital area with a special soap and then place a sterile drape over your legs and lower abdomen. A lubricating jelly will then be placed in the urethra—the channel leading to the bladder.

During the start of the procedure, you may note a feeling of pressure or slight burning within your urethra. The entire examination lasts less than five minutes in most cases. The examination is usually not painful, but you may feel a slight discomfort or fullness in your bladder—as if you need to urinate, even though you will not. This is because sterile water is used to fill the urethra and bladder so the doctor can see the entire surface. After the inside of the urethra and bladder is inspected, the cystoscope is removed and the exam is over.

After the examination, some people have a slight irritation in the urethra and feel the need to urinate more often, or they may note a burning sensation. Occasionally, men may notice some blood or pink color in the urine. You may not have any of these reactions, but if you do, they seldom last more than 24 to 48 hours. As a precautionary measure, your physician will recommend that you drink plenty of fluids.

If you have excessive bleeding or passing of clots in your urine, call your health care professional. You should also call if you experience discomfort from bladder spasms, back pain, cannot urinate, or have any prolonged feeling of fullness in the bladder. Finally, call if you have fever or chills, which could indicate an infection in the urinary tract.



For additional health information you can trust:

- Log on to our members-only Web site at www.kaiserpermanente.org/california, then click the "Kaiser Permanente Members Only" button

- Visit your local Kaiser Permanente Health Education Center
- Check your Kaiser Permanente Healthwise Handbook
- Listen to the Kaiser Permanente Healthphone messages at 1-800-33 ASK ME (1-800-332-7563)

To get your free Handbook and Healthphone Directory, call 1-800-464-4000.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent health problems or if you have additional questions, please consult with your doctor or other health care professional.

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