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Flexible Cystoscopy

Pre-Procedure Instructions for Patients

ABOUT YOUR PROCEDURE

A cystoscopy lets your urologist look directly inside your urethra and bladder using a thin, flexible telescope with a camera on the end. It is the most reliable way to evaluate blood in the urine, recurring infections, urinary symptoms, or to check the bladder after previous treatment.

The scope passes through the urethra — the natural opening — so there are no incisions. The exam itself usually takes about five minutes, and you can drive yourself home.

MEDICATIONS

- **Blood thinners:** For a simple diagnostic cystoscopy you can usually **stay on** your blood thinners. Do not stop them unless your urologist specifically tells you to.
- **Antibiotic:** Most patients do not need one. If you were prescribed one, take it as directed.
- Continue all other regular medications as usual.

THE DAY OF YOUR PROCEDURE

- Eat and drink normally — no fasting is needed.
- Take your medications as usual.
- Wear comfortable, easily removed clothing.
- Bring your medication list, insurance information, and photo ID.
- **Arrive with a comfortably full bladder if possible** — you may be asked to give a urine sample before the exam.
- You do not need a driver. Most people return to work or normal activity right afterward.

WHAT TO EXPECT

You will be positioned on the exam table and the area cleaned. Numbing jelly (lidocaine) is placed into the urethra and left to take effect for several minutes. Your urologist then gently passes the flexible scope while sterile fluid fills the bladder so the lining can be seen clearly.

You will feel pressure and an urge to urinate, and there may be brief stinging as the scope passes. Most patients describe it as uncomfortable rather than painful. Breathing slowly and letting your pelvic muscles relax makes it easier. Tell your urologist if you need a moment.

Your urologist can usually discuss the findings with you right away.

WHEN TO CALL THE OFFICE

Call 909.236.3333 before your appointment if you have signs of a urinary tract infection — burning with urination, fever, chills, or cloudy foul-smelling urine. A cystoscopy is generally postponed if an active infection is present.