

## **Information for patients attending for an ultrasound and flexible cystoscopy**

### **What preparation is required?**

**It is important to note that we would be unable to carry out this test if you have an active urine infection. So please ensure you are clear from infection before attending. If you need to re-arrange your appointment, please call us on 0333 332 2102.**

You will need to arrive for your appointment with a full bladder as this will allow a good picture to be seen on the scan; therefore, you will need to drink 1½ pints of water 1½ hours before the scan.

You will also need to bring a urine sample with you to the clinic. You only need to bring about 20mls (4 teaspoons) of urine that you produced first thing in the morning of the day of your appointment. The container should be a clean and have a tight-fitting lid. You can ask for a urine sample bottle from your own GP surgery. Please give the sample to the nurse.

You may eat and drive as normal before and after the clinic. There is no need to rest afterwards.

### **What will happen when I arrive?**

Please note that our Clinical Team may be male or female.

Our Health Care Assistant will collect you from the waiting area and will explain what will happen and answer any questions.

You will be given a lot of information during your visit and it is not always easy to remember everything that the urologist has said to you – **therefore, we recommend that you bring somebody (like a family member or close friend) with you to your appointment.**

You will be likely to have two types of investigation, an ultrasound scan of your kidneys and bladder and a flexible cystoscopy.

### **What does the ultrasound scan involve?**

The examination is performed by a Sonographer.

An ultrasound scan is a simple painless procedure that uses sound waves to produce an image. The sound waves cannot be heard but they are sent into the body and their 'echo' detected after they have been reflected by the internal organs.

In order to allow the waves to pass through the body, a water- based gel is applied to your abdomen and then an ultrasound probe is moved over that area. The sonographer will apply a little pressure to your abdomen to improve the image detail.

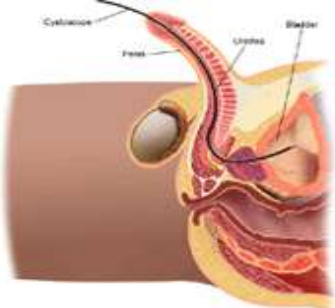
The images are viewed on a screen and you will be asked to breathe in and hold your breath at various intervals during the examination.

Once the examination is complete, the gel will be wiped away. It will not stain your clothing. Each scan takes approximately 15 minutes.

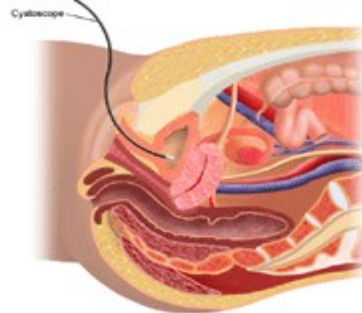
## What does a flexible cystoscopy involve?

A flexible cystoscopy involves passing a small telescope along the urethra to the bladder. Before you have this investigation, you will be asked to give your consent. Any questions that you have will be answered at this time.

Procedure for male cystoscopy



Procedure for female cystoscopy



You will be asked to undress from the waist down and asked to lie on a couch. Your genital area will be cleaned with a mild disinfectant and a jelly will be applied to the urethra to numb the area.

The jelly also allows the telescope to pass through the urethra more easily. Only the tip of the cystoscope is passed into your bladder. You may experience some discomfort but the procedure itself only lasts a few minutes.

There are folds in the lining of the bladder. Therefore, saline (sterile saltwater) is run into the bladder through the cystoscope to stretch the folds. This allows the Urologist to see the lining better. This may cause the feeling of a full bladder or wanting to pass urine, which is a normal sensation. If at any point you feel unbearably uncomfortable, please tell the Urologist or Health Care Assistant immediately. Please do not hesitate to ask any questions you may have and if you would like to view the screen (many people do) feel free to ask.

Once the investigation is completed, you will be asked to empty your bladder.

## What happens after the flexible cystoscopy?

Most people have no trouble after a flexible cystoscopy. However:

- Drinking extra water is advisable.
- You may see blood in your urine for a couple of days – please do not be alarmed, this is not unusual.
- You may experience mild burning whilst urinating and some increased frequency in passing water may occur, but usually subsides within 48 hours.

**If you do have difficulty or discomfort in passing urine or if you develop the symptoms of a fever (shivering, sweating or feeling cold), you should contact your GP immediately.**

## What happens next?

This depends on the results of the investigations performed on the day.

The results will allow the urologist to advise you about any necessary further treatment, tests or appointments. This will be discussed with you at your appointment and a report will be sent to your GP within 2 working days.