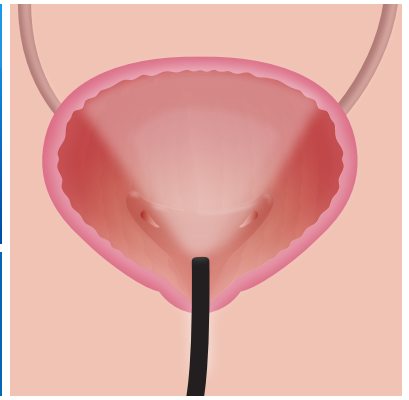


# Cystoscopy



You are about to have this exam, which is done to examine the urethra, prostate, and bladder. This fact sheet explains what the exam involves, how it's conducted, and what precautions you should take afterwards.

## What is this exam for?

This exam is used to look into:

- the urethra, the tube through which urine leaves the body
- the prostate (in men), a gland that produces part of the sperm
- the bladder, the organ where the urine collects before it is released through the urethra

This exam helps the doctor to determine what may be causing the symptoms you have in that area. Sometimes the doctor may do a small operation in the bladder or urethra at the same time.

## What does the exam involve?

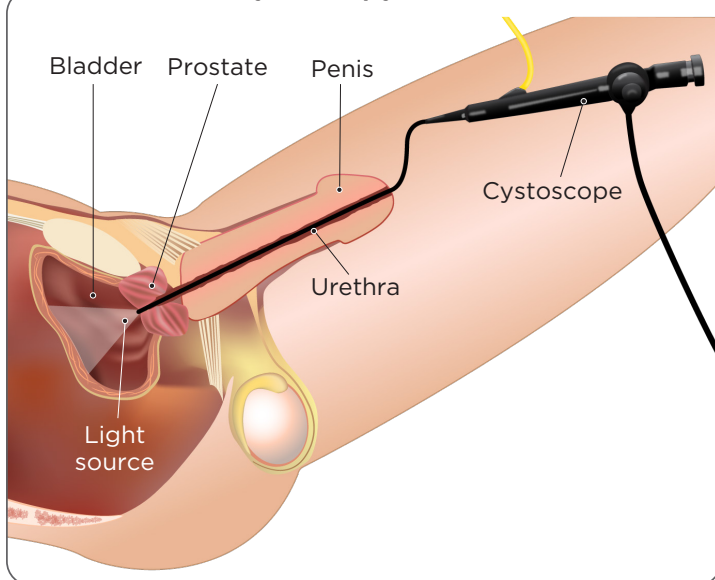
The thin tube of a device called a cystoscope is inserted through the opening where the urine leaves your body (the urinary meatus). At the end of the tube there is a light source and a camera.

The tube is passed through the urethra and into the bladder. This makes it possible to take images of the inside of the urethra and bladder and to assess the prostate.

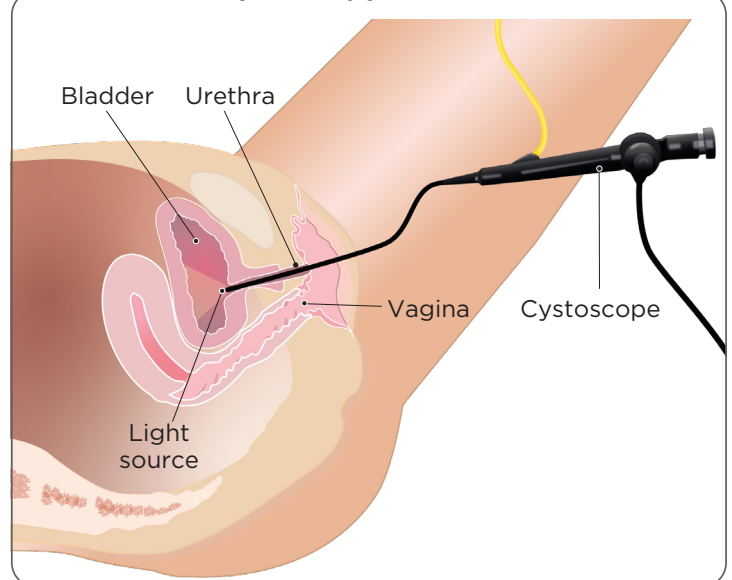
## What are the risks?

In rare cases (1 in 100), a urinary infection can occur after the exam.

### Cystoscopy in men



### Cystoscopy in women



## What happens during the exam?

- 1** You will lie on your back on a bed that has stirrups to keep your legs raised.
- 2** A nurse will explain how the exam is done and will ask questions about your health. Tell the nurse if you have any allergies or if you're taking blood-thinning medications (anticoagulants).
- 3** The genital area will be disinfected. Then you'll be covered from head to toe with a sterile sheet. It's important that you don't touch anything.
- 4** A gel will be put into your urethra to numb it (local anesthetic). You may feel some discomfort during the exam, but no pain.
- 5** Your doctor will insert the cystoscope to perform the exam. It's important that you stay relaxed, to make it easier for the device to enter the urethra.
- 6** Your doctor will fill your bladder with water through the cystoscope. This is done to inflate the bladder so that the inside can be seen more clearly. It's normal to feel the urge to urinate at that time.
- 7** When the exam is over, the cystoscope will be removed. Then you can go to the bathroom to empty your bladder.

## How long does the exam take?

The whole exam normally takes just a few minutes, but you should plan on being at the hospital for an hour and a half.

You can resume your normal activities right away afterwards.

## Where and when should I go for the exam?

Go to the CHUM Urology Clinic.

Pavilion C, 2<sup>nd</sup> floor  
1000 Saint-Denis Street  
Montréal (Québec) H2X 3E4

Please arrive around **15 minutes** before the time scheduled for your exam.

## Are there any side effects?

After the exam, you could have:

- > a burning sensation when urinating
- > a little blood in your urine
- > some slight difficulty urinating

**This shouldn't last more than 2 days. Drinking at least 2 litres of water a day, unless your doctor has advised otherwise, will help to eliminate these side effects.**



## When will I get the results?

Your doctor will give you the results right away after the cystoscopy. The doctor may ask to see you again a few days or weeks later to:

- review the results of all your exams
- set up other tests, if needed
- plan for a treatment



## Are there any symptoms I should watch for?

**Go to the emergency room at once if you have any of the following symptoms:**

- > Back pain, around the kidney area
- > A lot of blood in your urine
- > Lumps of blood (clots) in your urine
- > Temperature (by mouth) of 38.5°C (101.3°F) or higher
- > Chills
- > Inability to urinate

**Call a nurse at the CHUM Patient Health Line at 514 890-8086 if you have:**

- > Pain in your lower abdomen
- > Difficulty urinating, a burning sensation when you urinate, or blood in your urine more than 48 hours after the exam

This service is available 24 hours/day, 7 days/week. When calling, be sure to have your health insurance card on hand.

## What should I do to cancel or postpone an appointment?

If you need to postpone or cancel your appointment, please advise the Urology Clinic secretary as soon as possible at:

- > **514 890-8000, ext. 36411**



## Who can I contact for help or to ask questions?

Before the exam, you can call the Urology Clinic, Monday to Friday, from 8:00 a.m. to 4:00 p.m.

- > **514 890-8402**

For any questions about a health concern after the exam, call a nurse at the Health Patient CHUM Hotline (ligne Santé Patient).

- > **514 890-8086**



### USEFUL RESOURCES

Canadian Urological Association:  
> [cua.org](http://cua.org)

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our website  
[chumontreal.qc.ca/fiches-sante](http://chumontreal.qc.ca/fiches-sante)



### Questions


*The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.*

To find out more about the Centre hospitalier de l'Université de Montréal  
[chumontreal.qc.ca](http://chumontreal.qc.ca)