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# FLEXIBLE CYSTOSCOPY & URODYNAMICS

*Providing Specialist Care in South Australia & Northern Territory*

***Associates:***

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## **What is Flexible Cystoscopy & Urodynamics?**

A flexible cystoscopy is a procedure where a narrow telescope is used to inspect the urethra, bladder and prostate. A flexible cystoscopy is performed as a day procedure.

We would recommend a flexible cystoscopy if there is blood in the urine, either microscopic or visible. Other indications would be to assess difficulties passing urine or to investigate urinary tract infections.

We use jelly which helps to lubricate the urethra, minimise pain and to make it easier to pass the cystoscope. There are no needles required. A fine flexible tube is carefully passed down the urethra into the bladder under vision. We use sterile water to help visualise the urethra and bladder.

Urodynamics is a study of the function of the bladder and the urethra. It is used to get further information to determine the cause of your urinary symptoms. This can aid in selecting the most appropriate management for your problem.

It is used in both male and female patients to evaluate urinary leakage or difficulty passing urine. We will recommend urodynamics if there is uncertainty over the cause of these symptoms.

It is a very safe procedure that is performed at the Tennyson Day Hospital. The first part of the test measures how you pass your urine. We ask you to pass urine in the usual way into a flowmeter. An ultrasound of the bladder will then be taken to determine if any residual urine remains. Following this, two small catheters are passed — one placed into the bladder and the other catheter into the rectum. These enable us to measure the pressure in the bladder as it is filled with water. Once the bladder is filled we then measure both the pressure and the flow as you pass the water.

We will discuss the findings with you on the day.

## **Preparing for the procedure**

The only preparation required is to arrive feeling like you may be able to pass urine. We like you to be "comfortably full" so you can pass urine in the usual way when you arrive. If you have a tendency to leak urine, you can arrive early and drink some water in our waiting room.

There is no need to fast and you can drive both before and after the procedure.

Continue to take all your regular medications.

If you have any queries prior to the procedure, please contact us at Urological Solutions

## **What to expect afterwards?**

You will probably have a little burning when you pass your urine for 24-48 hours. This usually settles quickly. You may see a small amount of blood in the urine but this will also resolve very quickly.

## **Complications**

These are uncommon. Occasionally there may be a small amount of blood in the urine.

There is a small risk (3%) of developing a urinary tract infection. These symptoms include burning when you pass urine, needing to pass urine frequently and having to get to the toilet in a hurry. If you think you may have an infection or your symptoms seem unusually severe then contact us at Urological Solutions.

## **After discharge from hospital**

You should drink extra fluid over the first week or two after the procedure. Drinking 1500-2000mL per day is usually satisfactory. Do not drink excessively. Aim to keep your urine a pale yellow or straw colour. If you find your urinary symptoms are not improving, or become worse, then you could have an infection. Either contact our office or see your GP to organise a urine test.

If you do notice an increased amount of blood in the urine, then drink extra water to dilute the urine. Occasionally there is more excessive bleeding and maybe clots in the urine that make it difficult to pass. If this occurs then please contact our office, contact your GP or present to a hospital emergency department for assessment.

## **Driving**

You can drive after the procedure.

## **Emergency Contacts**

In the event of an emergency, please call our office within business hours. If assistance is required out of hours, please call our On-Call Urologist via our Tennyson office OR present to your nearest Emergency Department.

### **Ashford Hospital**

55 Anzac Highway, Ashford SA 5035                      8375 5205                      Until 10:00 PM

### **Wakefield Hospital**

300 Wakefield Street, Adelaide SA 5000                      8405 3440                      24 Hours

### **Royal Darwin Hospital**

Rocklands Drive, Tiwi NT 0810                      8922 8888                      24 Hours

\*\*For patient's outside the Metropolitan area, please present to your nearest hospital emergency department.

## **Follow up**

We can let you know the result of the test on the day and what further investigations or treatment will be required

If you have any further questions then please contact us at Urological Solutions

*The content provided within this document is intended as a guide only and does not apply to all patients. Additional information, including patient specific potential risks, must be obtained during consultation with your Urologist.*