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## CYSTOSCOPY & HYDRODISTENSION

*Providing Specialist Care in South Australia & Northern Territory*

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### **What is a Cystoscopy and Hydrodistension?**

A cystoscopy is a procedure where a telescope is used to inspect the urethra (water-pipe), the prostate (in men), and the bladder. A very clear and magnified view can be achieved.

If indicated, biopsies can be taken and cautery used to minimise bleeding. Either a general anaesthetic or a spinal anaesthetic can be used. It may be a day procedure or possibly an overnight stay. If more extensive biopsies are required, then a catheter may be inserted to aid bladder drainage and comfort after the procedure.

A hydrodistension is when an assessment of bladder capacity is made, the bladder is filled with water to a pressure of 80cm H<sub>2</sub>O. This will hopefully lead to an improvement in pain and bladder capacity which is assessed again after the hydrodistension.

### **Preparing for your procedure**

We will provide you with instructions regarding all aspects of preparing for your operation.

- Pre-operative blood and urine tests.
- Details of admission to hospital.
- Information regarding fasting and medications.

### **What to expect afterwards**

You are usually able to eat and drink what you feel like after the surgery. You will be encouraged to maintain a good fluid intake. Pain relief is always available, however, it is not usual to have significant pain after this procedure. You will most likely experience irritation and have a frequent need to urinate afterwards. There will most likely be some blood in the urine which should settle within a few days.

If you have a catheter it will be attached to a bag and drain urine from the bladder. You may have fluid bags attached and fluid irrigating slowly through to help prevent blood clots forming in the bladder. The catheter will usually be removed the following day. A combination of the surgery and the catheter can cause bladder irritation and sometimes bladder spasm.

After removal of the catheter there will most likely still be some blood in the urine. Once we can see that you are passing urine satisfactorily then you are able to go home.

You will be given pain relief if required and antibiotics if necessary to take home with you.

### **Complications**

This is generally a very safe procedure with a low risk of complications.

- The chance of infection is <5%.
- Significant bleeding requiring readmission to hospital or blood transfusion is <5%.
- The chance of an injury or perforation of the bladder is <1%.

