

לקראת ציסטוסקופיה (Cystoscopy)

Information for Patients

Preparing for a Cystoscopy

A direct look inside the bladder

Dear Patient,

You are about to undergo a cystoscopy.

We hope that the information below will help you come for the test prepared and calm.

What is a cystoscopy?

An invasive diagnostic test that enables an examination of the inside of the urethra and bladder.

During this test, it is possible to diagnose diseases and disorders of the urinary tract, such as tumors (malignant or benign), stenosis of the urinary passage, causes of recurrent urinary tract inflammations, causes of a burning sensation upon urination, causes of blood in the urine (hematuria), and more.

Why is the test performed?

The main indications are: blood in the urine (hematuria), recurrent inflammation, urinary flow disorders, the suspicion of a tumor, preparation for urinary tract surgeries, follow-up after removal and treatment of a bladder tumor.

The examination helps to diagnose the medical problem and match the treatment to it. At times, it is possible to perform various treatments, such as expansion of the urethra and cauterization of small tumors, during the test itself.

How is the test performed?

The doctor performs the test by inserting a thin metal tube containing an optic fiber (a cystoscope). Using the cystoscope, the bladder and the lower urinary tract can be examined; it may also be used for diagnostic procedures (taking biopsies) and for treatment.

The test is performed with you lying on your back, usually under local anesthesia only: insertion/application of an anesthetic to the urethra (in men, at the tip of the penis; and in women, at the opening of the vagina). The effect of the anesthetic is immediate, and it reduces discomfort and pain during the procedure. You will be fully conscious throughout the procedure.

The test takes only a few minutes.

How to prepare for the test?

There is no need for any special preparation and there is no need to fast.

If you are taking anticoagulant medication ("blood thinner"), you must consult the referring physician as to whether they should be discontinued before the test (that is usually not necessary).

When coming to the Urology Institute, you should bring the following with you:

- ◆ The results of the urine test you performed in the framework of your HMO.
- ◆ A detailed referral letter from the attending physician. (If you were referred by the Urology Institute at Shaare Zedek, a referral letter is not necessary.)

Written by: Stas Havkin – Head Nurse, the Urology Institute

- ◆ A payment commitment form from the HMO with which you are insured, for performing the test.

The process at the Urology Institute on the day of the test

Before the test, go to the Institute secretaries' counter for administrative reception. You will be identified by the clerk by means of an identifying document: your identity card, driver's license or passport. (The test cannot be performed in the absence of an identifying document.)

The nursing staff will invite you to have your blood pressure, pulse, and temperature measured, and will ask you about your medical history.

The doctor will have you sign a consent form indicating your consent for performing the test.

You will be asked to remove all of your clothing and to wear a special gown.

You might receive antibiotic treatment before and after the test to prevent the development of a urinary tract infection, at the doctor's discretion.

After the test

You may return to your routine immediately, including eating and drinking as usual.

Driving is permitted.

You may feel the need to urinate frequently and urgently. This sensation is caused due to involuntary contraction of the bladder after the cystoscopy and as the result of the bladder being filled with fluid during the test.

Another common symptom is a burning sensation upon urination.

These two side effects will last for one or two days after the test.

A small amount of blood may appear in the urine for several days.

It is important to drink plenty of fluids and to urinate frequently, in order to avoid urinary tract infection.

After the test, seek urgent medical attention in the following cases:

- ◆ A rise in temperature to above 38 degrees Celsius
- ◆ Urinary retention, the inability to urinate, lasting more than 8 hours.
- ◆ The appearance of blood clots in the urine or significant, continuous bleeding

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Wishing you full health, The Staff of the Urology Institute