

### What is a cystoscopy?

A cystoscopy is a quick office procedure that lets your urologist look inside the urethra, prostate channel in men, and bladder using a small flexible camera.

It is usually done with numbing jelly only. Most patients are awake, do not need to fast, and can drive themselves home.

### Why is it done?

Cystoscopy may be used to evaluate blood in the urine, enlarged prostate symptoms, bladder outlet obstruction, bladder cancer surveillance, urinary leakage, selected recurrent UTIs, urethral narrowing, bladder stones, tumors, or other bladder concerns.

### Before your visit

You may usually eat, drink, and take your usual medications unless our office tells you otherwise. You will be asked to empty your bladder before the procedure.

#### Please tell us before the procedure if you have:

- Burning with urination, new/worsening urinary symptoms, recent UTI, positive urine culture, fever, chills, cloudy urine, or foul-smelling urine
- A chronic catheter, suprapubic tube, or if you self-catheterize
- Significant immune suppression or medication/antibiotic allergies
- Another doctor who specifically told you to take antibiotics before procedures

**Antibiotics:** We use sterile, single-use disposable cystoscopes whenever possible. Routine antibiotics are usually not needed for simple office cystoscopy. Orthopedic hardware does not automatically mean antibiotics are required, even if surgery was recent.

### What to expect afterward

Most symptoms after cystoscopy are **annoying but temporary** and improve on their own, usually within 24-48 hours.

- Mild burning with urination, often worst during the first few urinations
- Urgency or more frequent urination
- Mild bladder pressure or discomfort
- Light pink urine or a small amount of blood

Drink water during the day. You may use Tylenol/acetaminophen or Motrin/ibuprofen if you are allowed to take these. Most patients return to work and normal activities the same day.

**Most post-cystoscopy issues can be handled with a MyChart message or clinic phone call. The ER is rarely needed after simple office cystoscopy.**

### When to contact the office

Please contact the office or send a MyChart message for symptoms that worsen instead of improving, burning or bladder discomfort beyond 2-3 days, bloody urine beyond 2-3 days, cloudy or foul-smelling urine, or questions about results/follow-up.

### When to seek urgent care or go to the ER

- Fever 100.4 F / 38 C or higher, or shaking chills
- Inability to urinate, especially with painful bladder pressure
- Severe lower abdominal pain
- Heavy bright red bleeding, thick blood, or large clots
- Severe pain not controlled with over-the-counter medication
- Feeling very weak, dizzy, or seriously ill

Your urologist may discuss the findings right after the procedure. If questions come up later, contact the office or send a MyChart message.