Office Cystoscopy

A cystoscopy is a test that allows the doctor to check the bladder and urethra. The bladder is a hollow organ in the lower abdomen that stores urine. The kidneys filter waste from the blood and produce urine. The urine goes into the bladder through two tubes called ureters. Urine leaves the bladder through another tube, the urethra.

In women, the urethra is a short tube that opens just in front of the vagina.

In men, it is a longer tube that passes through the prostate gland and then through the penis.

The cystoscope is a thin, lighted tube that is either flexible or rigid. It is inserted into the bladder through the urethra.

**Why is a cystoscopy done?**

A cystoscopy is done to:
- Diagnose bladder tumors or polyps
- Get a sterile urine sample
- Identify a bladder obstruction
- Identify urethra structures
- Remove foreign bodies
- Take biopsies
- Check for the cause of infection after frequent urinary tract infections.

Most bladder cancers develop in the inside lining of the bladder. The cancer often looks like a small mushroom attached to the bladder wall. It may also be called a papillary tumor.

**How is the cystoscopy done?**

First, you will need to empty your bladder. Then you will undress from the waist down. You will be helped on to a table and covered with a sheet.
- If you are a woman, you will need to be on your back with your knees bent and legs apart. Your feet will be in stirrups to help keep you in this position.
- If you are a man, you will lay on the table with your legs straight out.

The area around the urethra will be washed with an antiseptic soap. A numbing medicine is then put into the urethra. The cystoscope is inserted into the bladder. A urine sample is taken. If the doctor sees any abnormal areas, samples of tissue can be removed through the cystoscope. This is called a biopsy. When the doctor is done, the cystoscope is removed.

The cystoscopy only takes about 10 to 15 minutes. Your doctor will talk to you and your family about what was done and the results.
After the Cystoscopy

Drink 3 quarts or liters of water over the next 24 hours after your test. This helps to remove discomfort from the procedure. You may have some irritation for a few days after the procedure, such as:

- Discomfort or burning when you urinate
- Possible small amounts of blood in the urine.
- If the irritation or discomfort continues for more than 3 days, contact your doctor for follow up information.