



Cystoscopy Clinic

TGH

Norman Urquhart Wing 2NU-800

My Cystoscopy Appointment:

Date: _____

Time: _____

Urologist: _____

If you cannot keep this appointment, please call your urologist's office as soon as possible.

What is a Cystoscopy?

A cystoscopy is a procedure in which a small scope is passed through your urethra into your bladder.

A Cystoscopy is used to:

- Check your **lower urinary tract, urethra, bladder**, the opening into your **ureters** and the **prostate gland**. The doctor cannot see the ureters or the kidneys during a cystoscopy..
- Check areas for bleeding, infection, inflammation, or growths.
- Examine your lower urinary tract before and after a surgical procedure.

Definitions

Urethra: a small tube through which you pass your urine from your bladder out of your body

Prostate: a gland of the male reproductive system that surrounds the urethra just below the bladder

Bladder: A smooth balloon-like organ that stores your urine

Ureters: 2 thin tubes that carry your urine downward from your kidneys into your bladder

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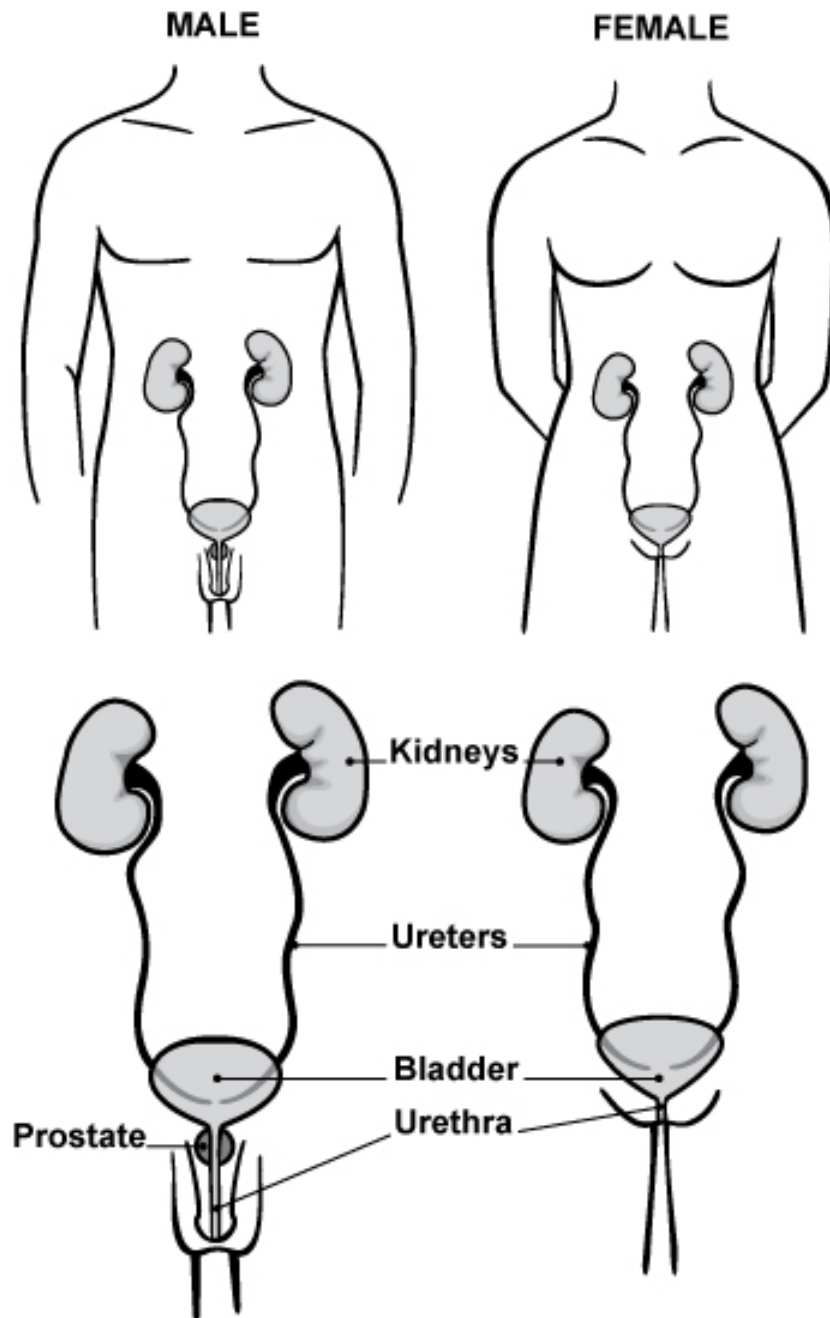
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Kidneys: 2 bean-shaped organs where urine is made

Urologist: a doctor who has had special training to treat people who have problems of the urinary tract and the male reproductive system



What should I do before my Cystoscopy?

You do not need to do anything to get ready for this test. You can eat and drink and take your regular medications before your appointment.

Check-In:

When you arrive in the clinic, please have your blue hospital card and health card ready to give to the receptionist. You may be asked to give a urine sample at this time.

What will happen during my Cystoscopy?

- We will apply an antiseptic solution to your genital area to help prevent infection.
- A “freezing” gel (xylocaine) will then be squirted into the urethra to make you more comfortable during the procedure. You may feel coldness or minor burning sensation.
- The doctor will then slip a small instrument in the urinary passageway.
- You may feel some mild discomfort for a short time as the scope passes through your sphincter muscle (the muscle that controls your flow of urine). It will help if you keep your legs and bottom relaxed during the test.
- You will also feel you have to pass urine at this time. This is normal since the doctor runs sterile water through the passageway in order to see the urinary tract better.

What will happen after my Cystoscopy:

You may feel burning when you pass urine, and you may also see some blood in your urine after your cystoscopy. This is normal due to the passage of the scope into your urethra and may last 24-48 hours (You may also have “frequency”, which is the sensation that you must pass your urine often, but only a small amount of urine is passed each time.

We suggest you drink about 1 liter of water (6 to 8 glasses) right after your cystoscopy to help reduce these symptoms.

Contact your urologist or family doctor if:

- You develop chills, a fever or both after your cystoscopy.
- If the burning when you pass urine, or the blood in your urine, or both continues more than 4-5 days.

You may want to lower your amount of alcohol, spicy food and caffeine containing drinks such as colas, coffee and tea for 24 hours after your cystoscopy to minimize your symptoms. These may irritate your bladder.

Follow-Up:

Your doctor will let you know if he needs to see you again and when you should return to the clinic. He may also tell you. if you will need a prescription for medication.

If you have any questions, please call your doctor.

Urologists Office Numbers:

Dr. Neil Fleshner..... 416 946-2899
Dr. Tony Finelli 416 946-2851
Dr. John Trachtenberg 416 946-2330
Dr. Michael Jewett..... 416 946-2909
Dr. Alexandre Zlotta 416 586-4800 ext.3910
Dr. Michael Robinette..... 416 340-3855

How to find us:

The Cystoscopy department is located at the Toronto General Hospital, 2nd Floor Norman Urqhart Wing

The Cystoscopy department can be accessed through entrances 585 University Ave. entrance using the West Elevators to 2nd floor or 200 Elizabeth Street East elevators to 2nd floor. Follow signs to the Cystoscopy Department.

