

Cystoscopy Clinic

at Toronto General Hospital

My cystoscopy appointment:

Date: _____ Time: _____

My urologist: _____

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

Where to find us

Norman Urquhart Building (NU)
2nd Floor (Room 2NU-800)
Toronto General Hospital
200 Elizabeth St.
Phone: 416 340 3882



What is a cystoscopy?

A cystoscopy is a procedure that allows your urologist to look inside your bladder and urethra. It is done using a thin tube called a scope.

Why do I need a cystoscopy?

You may need a cystoscopy 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 for bleeding, infection, inflammation or growths
- check your lower urinary tract before and after you have surgery

Medical words to know

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

Kidneys: 2 bean-shaped organs that filter waste out of the body and make urine.

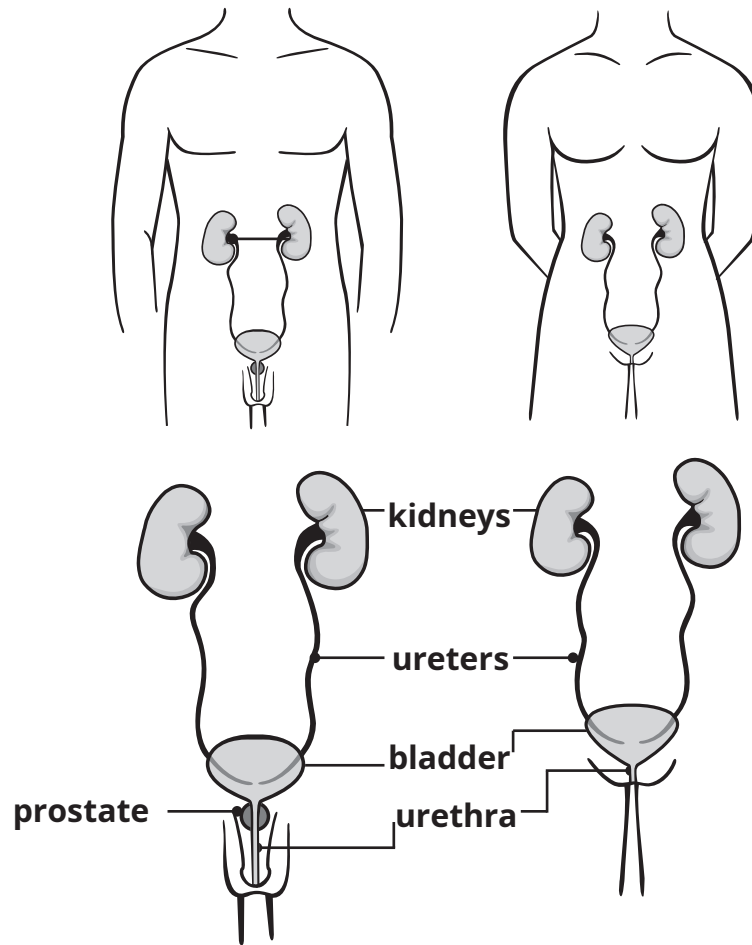
Prostate: a gland of the male reproductive system that surrounds the urethra just below the bladder.

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

Urethra: A small tube where urine passes from your bladder and out of your body.

Urologist: A doctor who has special training to treat and diagnose problems of the urinary tract and the male reproductive system.

Anatomy



How do I prepare for my cystoscopy?

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

Where do I check in?

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

What happens during my cystoscopy?

- We apply an antiseptic to your genital area to help prevent infection.
- A “freezing” gel called xylocaine is squirted into the urethra to make you more comfortable during the procedure. You may have a cold or minor burning feeling.
- The urologist then puts the scope in the urinary passageway. You may feel some discomfort for a short time. It will help to keep your legs and bottom relaxed during the test.
- You will also feel you have to pass urine (pee) at this time. This is normal as the doctor runs sterile water through the passageway to see the urinary tract better.

What happens after my cystoscopy?

You may feel burning when you pass urine and you may see some blood in your urine after your cystoscopy. This is normal and may last 24 to 48 hours.

You may have the feeling that you must pass urine often, but only a small amount of urine comes out each time.

Try to drink about 1 litre of water (6 to 8 glasses) right after your cystoscopy to help reduce these symptoms.

Some foods and liquids may irritate your bladder.

For 24 hours after your cystoscopy avoid:

- alcohol
- drinks with caffeine like colas, coffee and tea
- spicy foods



When to get medical help

Contact your urologist or family doctor if:

- you get chills, a fever or both after your cystoscopy
- the burning when you pass urine and/or the blood in your urine continues for more than 4 to 5 days

My follow-up visit

Your urologist will let you know if you need to visit the clinic again after your cystoscopy and if you will need a prescription for medication.

If you have any questions, please call your urologist.

Urologists office numbers

Dr. Tony Finelli	416 946 2851
Dr. Neil Fleshner	416 946 2899
Dr. Robert Hamilton	416 946 2909
Dr. Girish Kulkarni	416 946 2246
Dr. Jason Lee	416 340 3855
Dr. Nathan Perlis	416 946 2957
Dr. Alexandre Zlotta	416 586 4800 ext. 3910

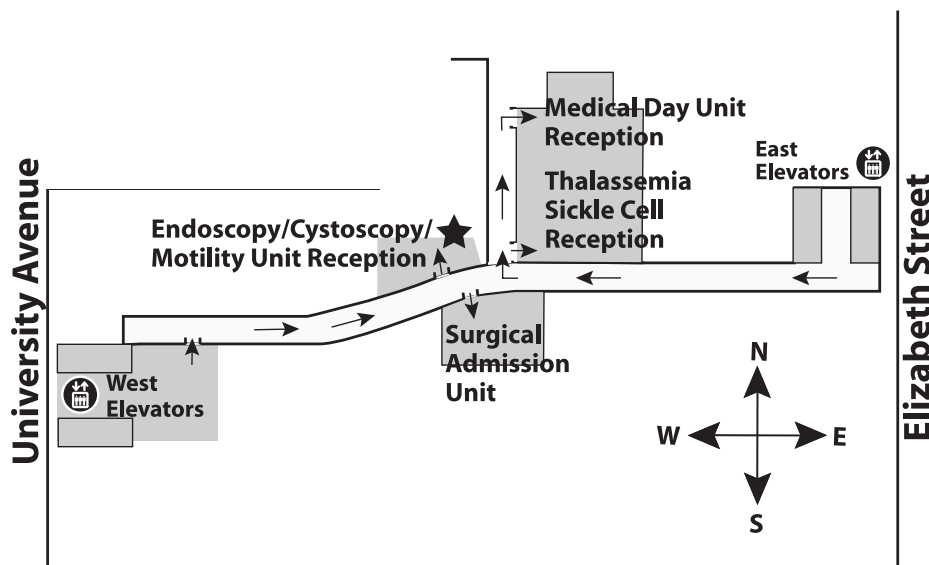
How to find us

The Cystoscopy clinic is located at the Toronto General Hospital, Norman Urquhart Building – 2nd Floor.

You can reach the Cystoscopy Clinic through 2 entrances:

- 585 University Avenue using the West elevators to 2nd floor
- 200 Elizabeth Street East elevators to 2nd floor and follow the signs to the Cystoscopy Clinic

Norman Urquhart Building 2nd Floor Clinics



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