

CYSTOSCOPY

Patient Name: _____

Your procedure is scheduled on: _____

Your arrival time is: _____

Your urinalysis appointment is scheduled on: _____

BEFORE THE TEST:

1. Please take all medications as you normally would on the day of the test, including blood pressure medication.
2. Please take 800mg of Ibuprofen at least one (1) hour prior to your procedure.
3. Please arrive on time for your procedure. **IF YOU ARE TEN MINUTES LATE, YOU WILL BE RESCHEDULED TO A LATER DATE!**
4. **NO CAFFEINE FOR THREE (3) DAYS PRIOR TO THE PROCEDURE.**
5. **NO BLADDER MEDICATIONS FOR THREE (3) DAYS PRIOR TO THE PROCEDURE.**
6. **YOU MUST CONTINUE TO USE YOUR ESTROGEN CREAM NIGHTLY AS INSTRUCTED BY DR. BOWLING.**
7. **BE ADVISED – IF YOU FAIL TO FOLLOW THE ABOVE STEPS, YOUR TEST WILL BE RESCHEDULED TO A LATER DATE!**

WHAT TO EXPECT:

1. The nurse will clean your urethra with betadine soap and insert a very small amount of lidocaine gel into your urethra to help with any discomfort from the cystoscope.
2. Dr. Bowling will then assemble the cystoscope and begin infusing sterile water through the cystoscope. He will then slowly insert the cystoscope into the urethra and into the bladder to look for any abnormalities that may be present.
3. Your bladder will be filling with sterile water in order to be able to visualize the bladder and urethra on the monitor.
4. Your bladder may or may not be left full once the cystoscope is removed. If it is left full, you will be asked to void on a special toilet that will measure the flow of urine when voiding. You cannot push, strain, or assist your bladder in any way during this time in order to determine the best treatment options for you.
5. You may notice some blood in your urine or in your underwear after the procedure is finished, which is normal.

AFTER THE TEST:

1. Your results will be discussed with you by Dr. Bowling and all options for treatment will be discussed as well.
2. You may return to work immediately after the test.