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## Cystoscopy Instructions

**You have been scheduled for Cystoscopy on \_\_\_\_\_.**

- Cystoscopy is a procedure used to look inside your urinary bladder and urethra (the tube that carries urine from your bladder to the outside of your body).
- During the procedure, a special camera equipped with a lens is inserted into the urinary tract to carefully examine the lining of your bladder and your urethra.
- Cystoscopy is sometimes performed in the office using a local anesthetic jelly to numb your urethra.
- You should plan to arrive 15-20 minutes prior to your scheduled procedure and plan to be at our office for 1-2 hours for the procedure.
- Depending on the reason for your procedure, your doctor may perform your cystoscopy as an outpatient procedure, using sedation or general anesthesia.

### **Before Cystoscopy:**

- Prior to cystoscopy, a urinalysis and urine culture must be obtained to ensure there is no infection.
- On the day of your procedure, please let the doctor know if you have symptoms of a urinary tract infection such as increased frequency of urination, burning or pain with urination, cloudy or foul smelling urine or blood in the urine.
- If you have a urine infection, we may need to postpone your procedure.

### **After Cystoscopy:**

- After your cystoscopy, you may be allowed to go about your day. If you've been given sedation or general anesthesia, you may be asked to remain in a recovery area to let the effects of the medication wear off before you leave.
- Common side effects include: blood in the urine, burning during urination, frequent urination 1-2 days.
- Drinking an 8-ounce glass of water every half-hour for 2 hours may help to reduce bleeding and discomfort after your test. Taking a warm bath or holding a warm, damp washcloth over the urethral opening may also help to relieve your discomfort.
- Medication may be prescribed to relieve burning with urination. These medications may cause discoloration of the urine.
- An antibiotic may be prescribed for 1 or 2 days to prevent infection, but not always.
- Contact your doctor immediately if you experience any of the following symptoms: heavy bleeding, trouble urinating, fever greater than 101 degrees, chills, confusion, disorientation, agitation severe abdominal pain or any other unusual reaction.