

## Having a Cystoscopy



Endoscopy Unit

patient information



The Rotherham  
NHS Foundation Trust

## Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: [your.experience@nhs.net](mailto:your.experience@nhs.net)

### Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

### Slovensky

### Kurdish Sorani

کوردی سۆرانی  
نەگەر تۆ یان کەسێک که تۆ دەناسی پێویستی بەیارمەتی هەبێت یۆ نەو دی لەم بەلگەنامە بە تێبگات یان بیخوێنتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر نمو ژمارەیهی سەروددا یان بەو نیمەیلە.

### Arabic

عربي  
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

### Urdu

اُردو  
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

### Farsi

فارسی  
اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers\*

### \*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

## Having a Cystoscopy

### Welcome to the Endoscopy Unit

The Unit is situated on the Level 'C' main corridor, next door to the Chapel.

The purpose built unit was opened in September 1994, to undertake various endoscopic procedures.

### Opening Times

**Monday to Friday** 8.00am - 6.00pm

**Weekends & Bank Holiday** Closed

### Telephone

For general enquiries, both you, your relatives and friends may dial directly to the department's reception desk (by-passing switchboard)

### The Reception number is

01709 424439

### Endoscopy Recovery

01709 427029

### Endoscopy Sisters

01709 424449

### Please read this information booklet before signing your consent form

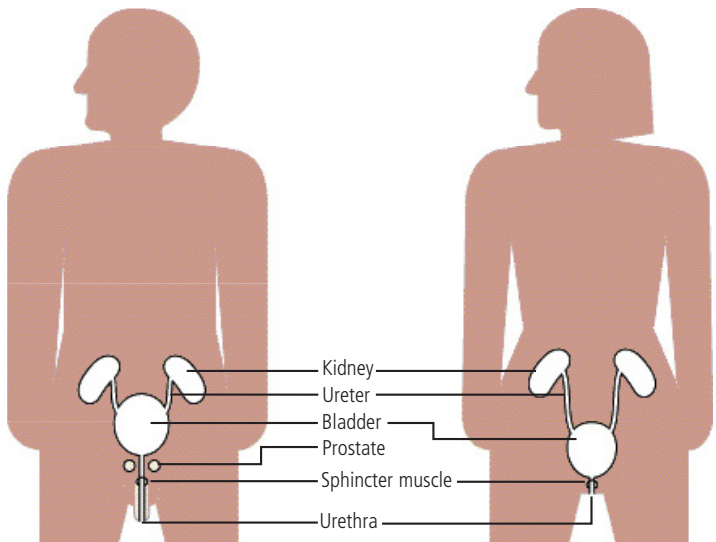
If you need to change your appointment, the number is (01709) 427277

### Introduction

Arrangements have been made for an examination of the inside of your bladder. This procedure is called a Flexible Cystoscopy.

### What is Flexible Cystoscopy

The Cystoscope is a thin flexible tube (slimmer than a pencil) with a bright light at the end. The Image can be seen on a television screen and you will be able to watch the procedure if you wish. The Cystoscope is passed down the urethra so the Doctor is able to examine the inside of the bladder and the urethra.



### **Is there an alternative?**

Cystoscopy is an accurate investigation to find the cause of your symptoms. However, you could discuss the options with the Clinician.

### **On arrival at the Hospital**

On arrival at the Endoscopy Unit, report to the reception desk where your personal details will be checked. A member of the Nursing staff will then take you to the changing area where you will change into a gown.

The procedure will be explained if necessary. Depending on the Clinician, you may or may not be asked to empty your bladder, prior to the procedure being performed. A fresh sample of urine for testing may be required on admission to the Unit.

### **How is the Flexible Cystoscopy performed?**

In the examination room, the Clinician will take your medical history.

You will be asked to lay on the couch on your back. A nurse will be at your side throughout the procedure and explain what is going to happen next.

The Clinician will clean between your legs with a mild antiseptic solution, and using drapes, will maintain your dignity at all times. A local anaesthetic gel may be used, which numbs and lubricates the urethra. The Clinician gently inserts the tip of the instrument into the urethra, advancing slowly into the bladder. Fluid is run into the bladder through the cystoscope, to enable the Doctor to have a clear view.

### **Is it painful?**

No, but whilst the bladder is being filled, you may have some slight discomfort.

### **How long does the procedure take?**

Less than 5 minutes, on average, The time may depend on whether tissue samples have to be taken.

## Having a Cystoscopy

### **Biopsies - (Tissue Sampling)**

Occasionally, the Clinician may need to take a biopsy specimen from the bladder for analysis/testing in the laboratory. A very small piece of tissue is obtained, painlessly, through the cystoscope, using tiny forceps. There may be slight bleeding when passing urine for up to 24 hours after the procedure.

### **On completion of the Flexible Cystoscopy**

You may find it necessary to empty your bladder. A further specimen of urine may be required for testing. If, after the procedure, the urine is blood stained, you will be asked to drink plenty of fluids to clear the urine, before you are discharged from the Unit.

### **What are the effects of Flexible Cystoscopy?**

The majority of patients have no trouble after this procedure. A mild burning on passing urine usually subsides after a day or so. Drinking extra water usually eases this symptom.

***Drinking extra water will help!***

### **Going home**

An occasional problem after having a flexible cystoscopy is an infection in your urine. If you have a temperature, pain, persistent burning or bleeding when passing water, you must contact your General Practitioner.







## How to contact us

### Endoscopy Service

Telephone 01709 427287

### Switchboard

Telephone 01709 820000

## Useful contact numbers

**If it's not an emergency,  
please consider using a  
Pharmacy or call NHS 111  
before going to A&E.**

### NHS 111 Service

Telephone 111

### Health Info

Telephone 01709 427190

### Stop Smoking Service

Telephone 01709 422444

### UECC (A&E)

Telephone 01709 424455

**For GP out of hours,  
contact your surgery**

## Useful websites

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.baus.org.uk](http://www.baus.org.uk)

## Easyread websites

[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

[www.friendlyresources.org.uk](http://www.friendlyresources.org.uk)

[www.easy-read-online.co.uk](http://www.easy-read-online.co.uk)

## We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

### Patient Experience Team

D Level

Rotherham Hospital

Moorgate Road

Rotherham

S60 2UD

Telephone: 01709 424461

Monday to Friday

9.00am until 4.00pm

Email: [your.experience@nhs.net](mailto:your.experience@nhs.net)

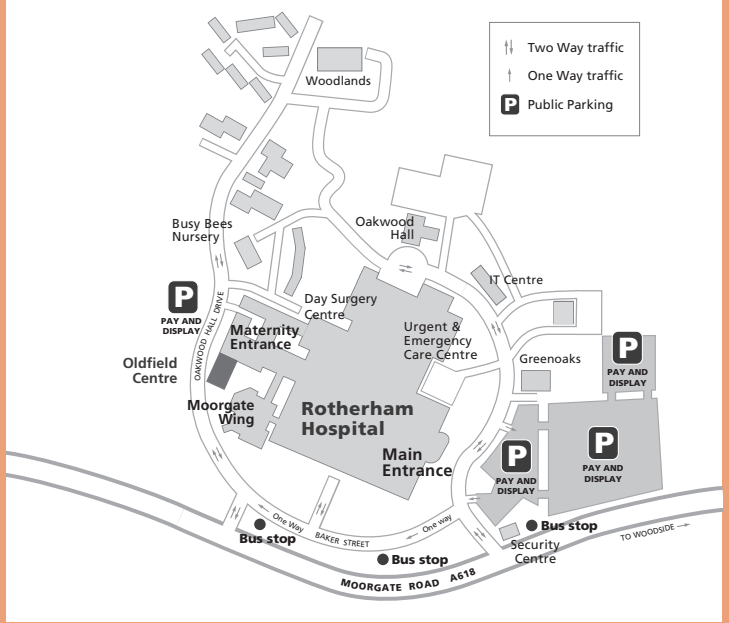
Produced by: Mrs J D'Silva & Mr R Slater, October 2001

Revised: October 2003, December 2004, August 2005, May 2007, April 2008, October 2009, January 2010, January 2015, May 2019, May 2021. Next Revision Due: May 2023. Version: 12

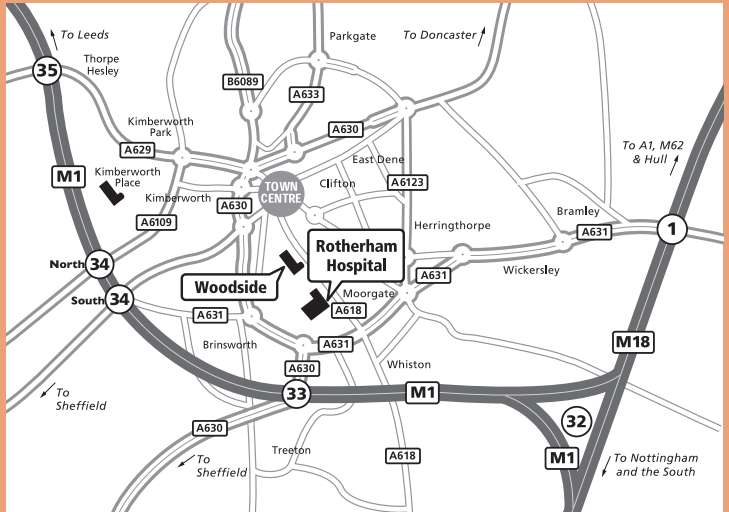
©The Rotherham NHS Foundation Trust 2021. All rights reserved.

# How to find us

## Hospital site plan



## Rotherham main routes





LS 05/2021 V12 Jones & Brooks



**The Rotherham**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Oakwood  
Rotherham  
S60 2UD

Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)