

Following your Flexible Cystoscopy

Gemini Endoscopy Suite
Tel: 01271 349180

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

What will happen after my test?

During the flexible cystoscopy, we may take some biopsies. These will be sent to the laboratory to be analysed by a pathologist. The results will either be sent to your GP or you will have an appointment in outpatients to discuss the results with a hospital doctor.

When can I eat and drink again?

Following the cystoscopy it is very important that you drink well for at least three days. This is to make sure that the urinary system is well flushed and discourages an infection.

You can eat and drink as normal, unless we give you specific instructions. Normal food can be taken after the examination, though you may prefer light meals initially.

When I am at home, what if I feel unwell after the procedure?

Most people find it uncomfortable to pass urine after a cystoscopy. This is improved by drinking water for a few days. Simple pain relief, such as Paracetamol, may be taken. After the procedure you may or may not encounter any of the following conditions:

Bleeding: during your procedure, you may have had some biopsies taken or some polyps removed. It is not unusual to pass a small amount of blood after the procedure.

- If the urine is pink, that is alright.
- If the urine is dark red, and then turns pink, that is alright.
- If the urine is dark red every time you pass urine for two days showing no sign of improvement, then please contact your doctor.
- If the urine is dark red and worsening with clots, then please see your doctor for immediate advice and admission.

- **If you are unable to pass urine at all, call your doctor. If you are unable to see a doctor immediately, you must attend the nearest Accident and Emergency Department for treatment.**

Fever: a temperature greater than 38 degrees is a sign that you could have developed an infection after your procedure. This is extremely rare but you should seek immediate medical advice for treatment.

However, if these conditions become excessive, persistent and or are accompanied by pain, please call for advice on the telephone numbers below.

What if I need further advice and assistance?

Please do not hesitate to contact us if you are worried about any symptoms you experience after your procedure.

- In normal working hours Monday to Friday 8am to 6.30pm, telephone the Gemini Endoscopy Suite on **01271 349180**
- Outside these hours, contact your GP surgery or if in an emergency, come to the North Devon District Hospital A&E
- Alternatively, telephone NHS Direct on **111**

Medications

You may resume normal medications after your flexible cystoscopy, unless advised otherwise.

Please ask if you are not sure that a medication will be safe.

When will I get the results?

The doctor or the nurse specialist should have already explained to you about the results. A nurse will speak to you before you leave the Gemini Endoscopy Suite and explain:

- What was seen and done during your procedure
- Whether you will need any further follow up
- That a copy of your report will be sent to your GP today and any results should be with your GP within 2 weeks

Further information

If you have any queries or concerns, please telephone the Gemini Endoscopy Suite on **01271 349180**.

References

Endoscopy Unit – Gateshead Health NHS Trust

Endoscopy Unit – St George's Healthcare NHS Trust

Endoscopy Department – North West London Hospitals NHS Trust

Endoscopy Suite – Good Hope Hospital NHS Trust

Hypnovel (Midazolam) information literature

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

‘Care Opinion’ comments forms are on all wards or online at www.careopinion.org.uk.

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