

CYSTOSCOPY



SOURCE: www.medicalnewstoday.com

INFORMATION FOR THE PATIENT

Cystoscopy

Cystoscopy is an examination that allows the visualization of the urinary tract (urethra and bladder) using a flexible tube called a cystoscope.

The examination can:

- Establish a diagnosis.
- Follow up on a bladder tumor.
- Install a bladder catheter to facilitate elimination of urine.

The examination can be requested if:

- You have blood in your urine, visible to the naked eye or under the microscope.
- You have difficulty urinating.
- You leak urine when you exert yourself, during physical activity or otherwise.
- There are anomalies in an X-ray or other diagnostic test.

This examination is safe and healthcare professionals monitor you throughout the examination.

Don't hesitate to ask the healthcare professionals any questions before, during or after the procedure.

Confirming or cancelling your appointment

We will phone you to give you the date and time of your appointment along with some instructions to follow.

If you are unable to come to your appointment, it is important to let us know at least 48 hours in advance by calling us (telephone numbers are on Page 6). That way, another patient on the waiting list will be able to take your place.

This postponement will be counted as a refusal by you and, if there is a third refusal or postponement, your request for an endoscopic examination will be cancelled and you will have to see your doctor again to assess the need to undergo this examination (directive from the ministère de la Santé et des Services Sociaux (MSSS), March 2021).



■ Preparing for the examination

- Remove any jewellery or piercing. We recommend that you leave them at home.
- Remove your contact lenses, nail polish, artificial nails and makeup.
- Keep your hearing aid.
- Ideally, you should not urinate within the 30 minutes before the examination, allowing us to collect enough urine for a laboratory test.
- If so instructed, temporarily stop taking some of your medications before the examination.
- You can eat and drink before the examination.
- Inform the appointments clerk and the nurse of your state of health or if your medications have changed since your last medical appointment.

Bring with you:

- An up-to-date list of the medications you are taking.
- Your valid health insurance card.
- Your hospital card (if you do not have one, a new card will be given to you at Endoscopy, or you will have to go to Hospital Admissions to get one before your examination).
- Any relevant radiology documents in your possession (reports, CD, etc.).
- Note that a bag or locker will be available for you to leave your personal effects in.



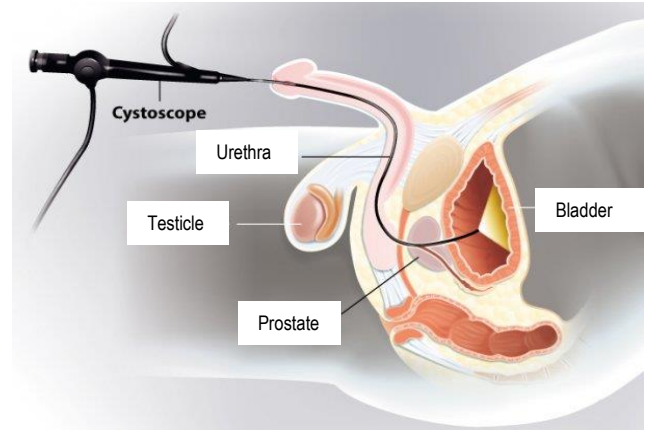
**WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.
BRING MINIMUM PERSONAL EFFECTS.**

■ How the examination is conducted

- You must remove all your clothes. You will then put on a hospital gown.
- Once in the examination room, a member of the team will tell you the best position to be in to facilitate the examination, while ensuring your greatest comfort. We recommend that you lie on your back in the gynecological position (feet in the stirrups).
- To reduce discomfort, the doctor will use a jelly as a local anesthetic; it will feel cold.

The doctor will conduct the examination:

- The doctor will introduce a tube called a cystoscope into your bladder through your urethra.
- You may feel a sensation of heaviness in your belly or a desire to urinate because we will fill your bladder with sterile water.
- The doctor will see the images produced by a fibre optic (camera) projected on a screen.



Source: Groupe Ramsay Santé

Biopsy

- During the examination, a biopsy may be performed.
- In this case, a small instrument will be introduced into the colonoscope to take a tissue sample.
- The sample will be sent to the hospital laboratory for analysis.

Length of the examination

- The examination will last between 5 and 15 minutes. You will be able to leave as soon as the examination is complete.



Instructions for the return home

- Resume taking your usual medications.
- It is important to drink lots of water after the examination (one or two glasses of water every hour throughout the day of your examination) to promote elimination, while respecting any restrictions you may have on liquid intake.

Possible side effects after the examination

Watch for side effects following the examination. These post-examination symptoms are normal and should not worry you:

- You may feel a burning when you urinate during the 12 to 24 hours following your examination.
- You may feel bloated for a few minutes because of the liquid present in your bladder.

You must call Info-Santé (811) or go to Emergency if you have:

- A lot of blood with clots in your urine.
- Inability to urinate.
- Moderate to severe abdominal pain.
- Oral temperature above 38.5 °C for more than 24 hours.



Contact information

The Endoscopy services of the CISSS des Laurentides are open Monday to Friday, 8:00 am to 4:00 pm.

Note that the services are closed on Saturdays and Sundays as well as statutory holidays.

Hôpital de Saint-Eustache: 450-473-6811, ext. 42417
520 Boul. Arthur-Sauvé, Saint-Eustache, QC J7R 5B1

Hôpital Laurentien: 819-324-4000, ext. 34559
234 Rue Saint-Vincent, Sainte-Agathe-des-Monts, QC J8C 2B8

Hôpital régional de Saint-Jérôme: 450-432-2777, ext. 22781
290 Rue De Montigny, Saint-Jérôme, QC J7Z 5T3

Hôpital d'Argenteuil: 450-562-3761, ext. 72521
**Centre multiservices de santé et de services sociaux
d'Argenteuil**
145 Avenue de la Providence, Lachute, QC J8H 4C7

You can also call Info-Santé at 811.