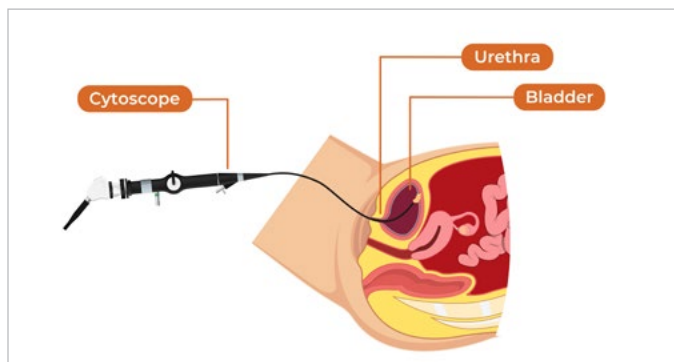


What is a Cystoscopy?

Cystoscopy helps your doctor look inside the bladder and **urethra**. During a cystoscopy, a thin flexible or stiff tube with a light, called a cystoscope, is put into the urethra. If needed, doctors can remove tissue samples using the stiff cystoscope.

Some places offer enhanced cystoscopy to see any tumors more clearly. One way uses a medicine in the bladder that makes tumors glow under a blue light. Another way uses special lighting (called narrow band imaging) to see the tumors better.



What happens during a cystoscopy?

A **urologist** is a doctor that treats diseases in the urinary system. They do most cystoscopies at a clinic or outpatient center. You can usually go home after the procedure is done.

- They may use a numbing medicine to make your urethra (the tube where urine leaves your body) less uncomfortable during the cystoscopy.
- During the cystoscopy, they may remove a small piece of tissue from your bladder. This is a biopsy that is sent to the lab where they check for cancer. If the urologist cannot safely take the biopsy during the cystoscopy, you may need another appointment to do this with general anesthesia.
- They may also take a urine sample from your bladder to check for cancer cells (**cytology**).
- The results from the biopsy and urine test will help the doctor decide the best plan for your care.

ASK YOUR HEALTHCARE TEAM

- *What can I do to prepare?*
- *Will I be given any medication before the procedure? Should I take my other medications the day of the procedure?*
- *How long does the cystoscopy take?*
- *Will you take a urine sample? If there is a tumor, will you take a biopsy of it?*
- *How long will it take to recover? What side effects can I expect?*
- *If the cystoscopy shows I have bladder cancer, what happens next?*

If you have a total knee replacement or total hip replacement, ask your doctor if you should have antibiotics before your procedure.

Watch to learn more: bcan.org/vid-eo-what-is-a-cystoscopy

TERMS TO KNOW

- **Cytology:** The study of cells under a microscope.
- **Pathologist:** A doctor who looks for disease by studying cells and tissues under a microscope.
- **Urethra:** The tube that empties urine from the bladder.
- **Urologist:** A doctor who treats diseases of the urinary system in men and women.

CYSTOSCOPY

WHAT YOU SHOULD KNOW: Advice from bladder cancer patients who have experience with cystoscopy

BEFORE YOUR CYSTOSCOPY

- Stay positive and relax. Your doctor may give you medicine to help you feel calm before the procedure. Some people find it helpful to listen to music or do deep breathing. Do whatever works for you!
- Bring a friend or family member to write down what the doctor says.

DURING YOUR CYSTOSCOPY

- Do not forget to breathe. Try to distract yourself by thinking about something else.
- Your doctor may be able to tell you what he or she sees during the procedure. There may also be a monitor or screen where you can watch what is going on.
- Do not be afraid to ask questions and tell the doctor or nurse what you are feeling.

AFTER YOUR CYSTOSCOPY

- Drink lots of water. Medication, gels, or heating pads can help with any discomfort. Ask your doctor or nurse what they recommend.
- Follow your doctor's instructions for when you go home. Call your medical team if you have questions or if something seems wrong.
- Side effects from a cystoscopy can be different for each person. You may feel a burning sensation or have trouble peeing, feel pain in your belly, have spasms, leak urine (incontinence), or see blood in your urine.
- If you can't pee easily, you may need to use a catheter (a small tube used to drain urine) for a few days.
- Your doctor may give antibiotics to help prevent infection. the medicine.

NEXT STEPS

- If the cystoscopy finds a bladder tumor, your doctor will recommend a Transurethral Resection of the Bladder Tumor (TURBT). During a TURBT, the tumor is removed while you are under anesthesia. The tumor is sent to the lab for a **pathologist** to check.

Visit bcan.org/bladdercancer-turbt/ for more information.

- It can be helpful to talk to someone who had a Cystoscopy. Call the BCAN Survivor 2 Survivor program to connect with a volunteer who knows about having a Cystoscopy. Dial 888-901-BCAN.

The Bladder Cancer Advocacy Network (BCAN)

BCAN's mission is to increase public awareness about bladder cancer, advance bladder cancer research, and provide educational and support services for the bladder cancer community.



888-901-BCAN (2226)



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