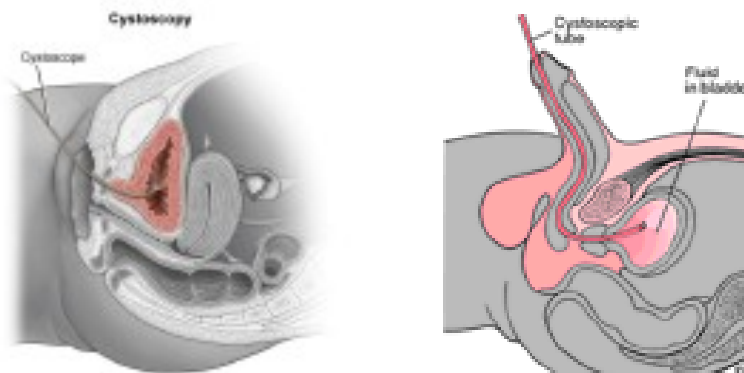


## Flexible / Rigid Cystoscopy

### Definition

A flexible or rigid cystoscopy is a visual evaluation of the lower urinary tract using a telescope. This procedure can be performed under local or general anaesthetic.



### Procedure

After an anaesthetic, a telescope (cystoscope) is passed via the urethra (water pipe from bladder to opening) to visualise the bladder. In men, the prostate is viewed as well.

A rigid cystoscope tends to be used exclusively within an operating theatre environment (due to its functionality) whereas a flexible cystoscope can be used in either an operating theatre or under local anaesthetic in an outpatient clinic setting.

### Post-Operative Care

You will be discharged from hospital the same day as your procedure.

For the first 48 hours:

- Rest and avoid constipation by drinking lots of water to flush your kidneys and bowels (stool softeners not required).
- Do not participate in labour intensive work or exercise

**Continued...**

**Common side effects include:**

- Urine with a rose or pink tinge which should clear within 3-5 days post procedure
- Pain which can be managed with Paracetamol or Nurofen
- Stinging or burning when passing urine which can be relieved with Ural (available from pharmacy without a script) or by adding fresh lemon or lime to your drinking water.

**Uncommon side effects include:**

Seek medical attention through Toowoomba Specialists, your local GP or your local Hospital's Emergency Department. Note: If you take blood thinners, please DO NOT take any further doses until you have sought medical attention.

- Dark red or wine coloured urine
- Passing blood clots through your urine
- Fevers, chills, shakes or tremors
- Unmanageable pain

**Discharge Planning**

Patients can be discharged once reviewed by Dr Desai.

Please check with Dr Desai as to when to restart taking your usual medication and blood thinners.

**Follow up**

You will receive an aftercare phone call from Dr Desai's rooms within 2 weeks of your procedure.

You will also be required to attend a face to face appointment with Dr Desai 3-4 weeks after your procedure. Please contact the rooms to arrange this.

For any concerns, please contact Toowoomba Specialists during business hours or St Vincent's Private Hospital Toowoomba after hours.