

Patient information

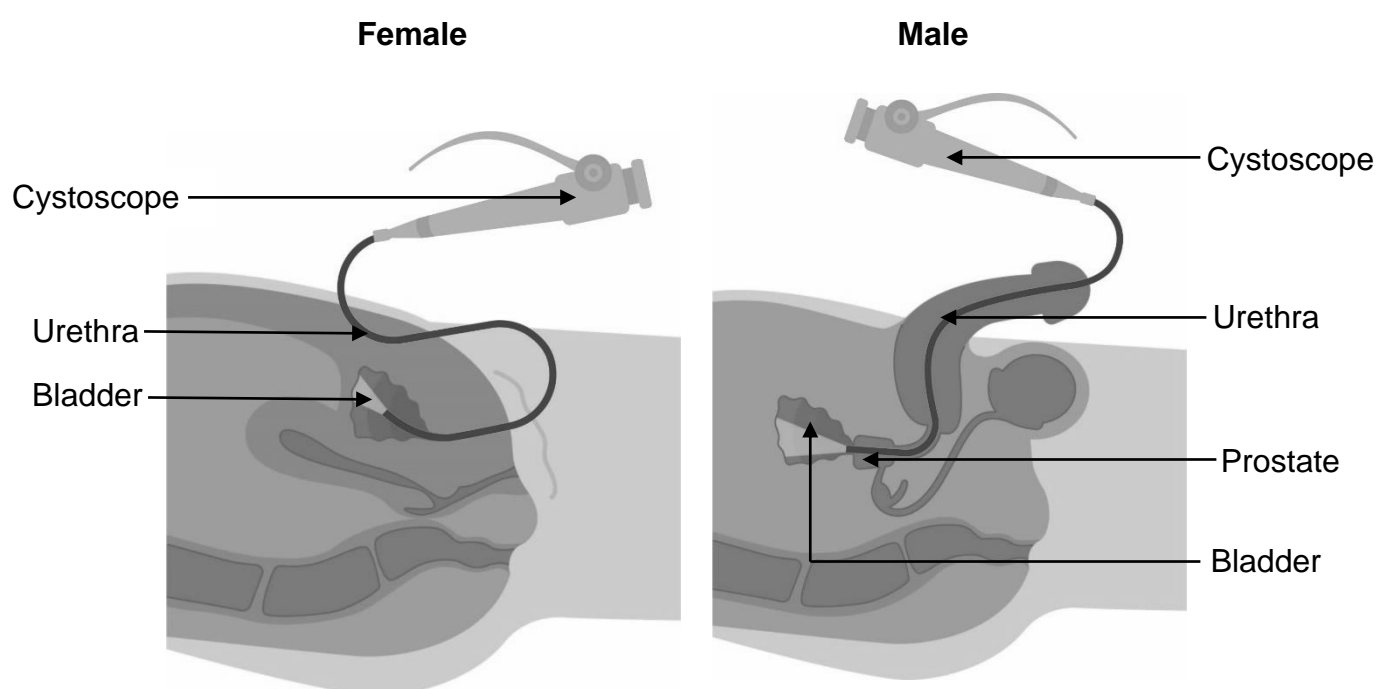
Flexible Cystoscopy and Removal of Ureteric Stent

Urology Department

The aim of this leaflet is to explain the procedure of flexible cystoscopy and removal of ureteric stent.

What is a cystoscopy?

A cystoscopy is where a doctor/specialist nurse looks into the bladder with a special telescope called a cystoscope.



A flexible cystoscope is a thin flexible telescope, which can be used to view the bladder through the urethra with the patient awake. It is about as thick as a pencil.

When is a flexible cystoscopy done?

A flexible cystoscopy can be used as a diagnostic procedure, however in this case it is solely to facilitate ureteric stent removal.

What are the risks of having this procedure?

Most procedures have possible side effects, although the complications listed on the next page are well recognised, most patients do not suffer any problems.

Common (greater than one in ten).

- Mild burning or bleeding on passing urine for a short time after the operation.

Occasional (between one in ten and one in fifty).

- Infection of the bladder requiring antibiotics.

Rare (less than one in fifty)

- Temporary insertion of a catheter.
- Delayed bleeding requiring removal of clots or further surgery.
- Injury to the urethra causing delayed scar formation.

Are there any alternative treatments available?

The alternatives would be observation or a rigid cystoscopy under a general anaesthetic.

What will happen if I do not have any treatment?

Your stent was intended to be a temporary measure to prevent injury or obstruction of the ureter (tube that drains urine from kidney to bladder). It should be removed as planned – unless the risk of leaving it in place is less than the risk removing it.

The stent needs to be removed – if you cannot tolerate the thought of having the procedure whilst awake the alternative would be to remove it under general anaesthetic. The risks of having a general anaesthetic are always considered for each individual. You would have to go through another pre-operative assessment and be added to your consultant's waiting list – which may take some time for you to be listed again.

How do I prepare myself for a flexible cystoscopy and removal of ureteric stent?

No special preparation is needed. Please wear loose clothing that can be lowered when attending for procedure. You can eat and drink as normal prior to the procedure. Please take all medication including blood thinners as normal..

You will be asked to provide a fresh urine sample for us to check for any sign of urine infection, so please do not pass urine on arrival to the unit.

What happens during a flexible cystoscopy and removal of ureteric stent?

Flexible cystoscopy and removal of ureteric stent is done as an outpatient. It is done while you are awake, usually taking about five minutes. You may be able to watch the procedure on a screen during the procedure

You will be asked to lower your clothing and lie on your back on a couch in a cystoscopy room. Gowns are available if you prefer.

The opening to your urethra (at the end of the penis or the outside of the vagina) and the nearby skin will be cleaned. Some “jelly” is then squirted into the opening of the urethra. The jelly helps to lubricate the urethra, allowing the cystoscope to pass into the urethra with as little discomfort as possible.

The doctor/specialist nurse will then gently move the cystoscope up into the bladder. Sterile water is passed down a side channel in the cystoscope to slowly fill your bladder. This makes it easier to see the end of the stent sitting in the bladder. As your bladder fills, you will feel the urge to pass urine, which may be a little uncomfortable.

Special grasping forceps are passed down a channel of the cystoscope whilst it is in the bladder, to grip the end of the stent.

The cystoscope, grasping forceps and stent are gently removed.

What can I expect after my flexible cystoscopy and removal of ureteric stent?

Once the test is completed you will feel the need to pass urine, you are then able to leave the department.

Are there any side effects or possible complications?

For the next twenty-four hours you may have a mild burning feeling when you pass urine, and feel the need to go more often than usual. Occasionally, a urine infection develops shortly after a cystoscopy and removal of ureteric stent. This can cause a fever (high temperature) and pain when you pass urine.

Rarely, the cystoscope may damage the urethra causing delayed scar formation (urethral stricture). You may notice this by the change in the flow of your urine or may be commented upon during any further telescopic inspections of the urethra. Normally if there are no symptoms and a telescope is passed easily then there is no treatment. If strictures cause problems then they can be treated by dilating the narrowing as needed. This would be discussed with you if the need arises.

What can I expect when I get home?

Your urine may be blood stained or pink in colour, but this should settle down within a day or two. You may find it uncomfortable to pass urine for the first twenty-four hours. This discomfort should improve as time goes by.

If it is getting worse or you are finding it difficult to pass water or you are feeling feverish or unwell it is important that you tell your family doctor (GP) or attend the Emergency Department (A & E Department).

Can I do everything as normal?

You can return to normal activity straight after the cystoscopy and removal of ureteric stent.

After you have had a cystoscopy and removal of ureteric stent you must tell your doctor if:

- your pain or bleeding is severe.
- any pain or bleeding lasts longer than two days.
- you develop symptoms of infection.
- you are unable to pass urine.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

If you have accessed this patient information leaflet via a QR code, can you please take the time to complete a short questionnaire by clicking [here](#).

Further Information:

For queries about your appointment, contact the hospital you have been referred to

**Royal Liverpool Hospital
Urology Department
Tel: 0151 282 6877
Text phone number: 18001 0151 282 6877**

**Aintree Hospital
Patient Appointment Centre
Tel: 0151 529 4550
Text phone number: 18001 529 4550**

**Stone Nurse Specialist
Tel: 0151 282 6819
Text phone number: 18001 0151 282 6819**

For clinical questions specific to your case, telephone the secretary of your Urology Consultant.

**For other general information visit
<http://www.baus.org.uk/>**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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