

What to do **at home**



You may experience discomfort, a burning sensation during urination or encounter blood in your urine over the next 1 – 2 days after the procedure.

If you have no restriction on fluid intake, drink 2 – 3 litres of fluid per day for the next 1 – 2 days.

Important information

Should you experience any of the following:

- Bright red blood or heavy blood clots in your urine
- Abdominal pain and nausea
- Persistent fever (>38.5°C) and chills
- Difficulty or inability to pass urine

Please call us at **(65) 6772 5087** during office hours, or visit the A&E with this pamphlet after office hours.

Change of appointment

Kindly contact us at least 1 week in advance if you would like to cancel or reschedule your appointment.

Tel: (65) 6772 5087

Monday – Friday, 8:30am – 5.00pm

Email address:

urology_centre@nuhs.edu.sg

National University Hospital

Information is correct at time of printing (September 2022) and subject to revision without prior notice. The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.



Nearest MRT Station: Kent Ridge (Circle Line)



Flexible Cystoscopy

Contact us

**Urology Centre
NUH Medical Centre, Zone B
Level 16**

Appointment Line:
(65) 6908 2222

Email:
urology_centre@nuhs.edu.sg

Opening Hours
Monday to Friday:
8:30am - 5:00pm
Closed on
Sat, Sun & Public Holidays

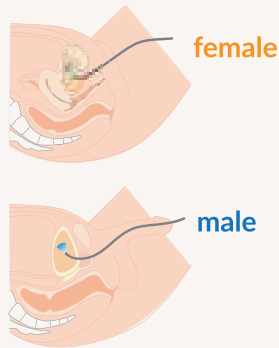
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National University Hospital
5 Lower Kent Ridge Road
Singapore 119074
Tel: **(65) 6908 2222**
Website: www.nuh.com.sg

Company Registration No.
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What is a flexible cystoscopy?

A flexible cystoscopy is the examination of the **male** or **female** lower urinary tract system via the urethral opening. This is done using a cystoscopy, which is a thin, flexible tube that has a light and a camera at one end.



Why is a flexible cystoscopy done?

To complete the evaluation for non-visible blood detected in the urine (microscopic haematuria)

To pick up significant bladder lesions, particularly small lesions that may not be seen on the CT scan

To investigate blood seen in the urine - which is the most common presenting symptom of bladder cancer



Other symptoms include infection/inflammation of the bladder and prostate bleeding in males

To assess the presence of any blockage to the lower urinary tract (such as prostate enlargement and stricture narrowing of the urinary passage)

To assess other urological symptoms or conditions such as white blood cells in the urine and persistent lower urinary tract symptoms

How is a cystoscopy done?

It is an outpatient procedure done under local anaesthesia. Local anaesthetic jelly is given to numb your urethra and for lubrication. This well-tolerated procedure usually does not require additional anaesthesia.

Kindly inform us if you are feeling unwell, have fever, pain or a burning sensation during urination.

Before the procedure

- **No** fasting is required; please continue your usual diet and medication.

During the procedure

- You are required to change into a **hospital gown** before the procedure.
- Your genital area will be cleansed and local **anaesthetic jelly** will be applied.
- During the procedure, you may experience some discomfort and urgency to pass urine as we fill your bladder with water. Severe pain is not often encountered.
- A standard cystoscopy procedure takes about **3 – 5 minutes**.

After the procedure

- You can empty your bladder soon after the procedure.
- The cystoscopy result and follow-up instructions will be given to you immediately.
- You can go home on the same day and resume your normal activity, diet and medication.