

## **Cystoscopy, Hydrodistension and Bladder Biopsy Information Leaflet**

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### **What is a Cystoscopy?**

A cystoscopy is a procedure that allows a doctor to look directly into your bladder. This is done using a thin telescope (cystoscope) which is passed through the urethra (waterpipe) allowing the doctor to view the inside of the bladder. Once completed the cystoscope is removed. A cystoscopy may be performed in order:-

- To check for any abnormality causing any urinary symptoms
- To find the cause of blood in the urine
- To find the cause of frequent bladder infections

### **What is a Hydrodistension?**

Hydrodistension is possible when the cystoscope is inside the bladder. The bladder is filled with sterile water through the telescope until it is as full as possible, in order to stretch it. This may help increase the volume of urine the bladder can hold with the aid of bladder training as well.

### **What is a Bladder Biopsy?**

Occasionally a very small piece (biopsy) of the bladder wall will be taken to assess any inflammation of the bladder. It is likely that you may experience some blood (haematuria in the urine) after having a biopsy. Drinking 2-3 glasses extra of water a day, for three days, will help to flush this away.

### **What is the benefit of having this investigation?**

This procedure enables the internal structure of the bladder to be directly viewed.

### **How are these performed?**

A cystoscopy is usually done as an outpatient or day case. It is usually done whilst you are awake. Once in the procedure room, a nurse will help you get as comfortable as possible on the examination trolley. A flexible cystoscopy involves some slight discomfort. Throughout the procedure, professional trained staff will help minimise discomfort and will maintain your dignity at all times.

The genital area is cleansed with a mild disinfectant and you will be covered with a sheet. Local anaesthetic is then applied to the opening of the urethra. This helps the cystoscope to pass with as little discomfort as possible. The scope is gently inserted into the urethra and up into the bladder.

Sometimes we may need to take a biopsy from the lining of the bladder, using a special instrument which fits inside the cystoscope. When a biopsy is needed, the procedure is done under General Anaesthesia. This will be discussed with you and arranged if necessary.

A few people find this test very uncomfortable. If at any time you are not content to proceed, please make the staff aware and they will not proceed any further.

Occasionally these investigations are performed under a general anaesthetic, which means you will be asleep during this procedure. The procedure only takes 10-15 mins.

### **Are there any alternatives?**

This is the most accurate and safest method of observing the inside of the bladder.

### **Will I have to stay in hospital?**

It is usual for this procedure to be performed as an outpatient or day case, allowing you to go home on the same day. If you have significant medical problems or the doctor requests you will stay in overnight.

### **Are there any risks involved in having a Cystoscopy, Hydrodistension and Biopsy?**

You may experience a slight burning or stinging sensation when you pass urine for about 24-48hrs after the test. These sensations are caused by trauma to the urethra when the telescope is passed. Taking your usual pain relieving tablets may help ease this minor discomfort. A warm bath can also help, but avoid using perfumed soaps or bubble bath.

A urinary tract infection (UTI) is a possibility following these investigations. If you experience the following symptoms within 2-4 days following the procedure you need to contact your GP for advice.

- Urinary frequency, burning or pain (That is not normally present when you pass urine)
- Cloudy and/or foul smelling urine
- Fever or chills

### **Going home (after a general anaesthetic)**

The nurse looking after you on the ward will assess when you are fit to go home. Usually this is when you have recovered from the anaesthetic, had something to eat and passed urine. You will require a friend/ partner to accompany you home. It may be advisable to stay off work for a day or two. Most women find they are able to return to their normal activities within 48hrs.

An appointment will be sent to you in the post to be seen in the Outpatient or Urodynamic Department.

If you have any queries please do not hesitate to contact Gynaecology Unit on 0151 708 9988 ext 4552 or the Urodynamics Department on 0151 702 4321 to speak to the Urodynamic Specialist Nurse.

## Useful websites for further information

[www.bladderandbowel.org](http://www.bladderandbowel.org)  
[www.bladderandbowel.co.uk](http://www.bladderandbowel.co.uk)

Please note that Liverpool Women's NHS Foundation Trust is a smoke free site. Smoking is not allowed inside the hospital building or within the hospital grounds, car parks and gardens. Staff are available to give advice about stopping smoking, please ask your nurse about this.

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at [pals@lwh.nhs.uk](mailto:pals@lwh.nhs.uk)

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