

## **Advanced Urogynecologic Care**

**Dr. Janet Tomezsko**

**You have been asked to undergo a test called cystoscopy.**

When you have a urinary problem, your doctor may use a cystoscope to see inside your bladder and urethra. The urethra is the tube that carries urine from the bladder to the outside of the body. The cystoscope has lenses like a telescope or microscope. These lenses let the doctor focus on the inner surfaces of the urinary tract. The cystoscope is as thin as a pencil and has a light at the tip. The picture from inside the bladder and urethra is projected on a TV screen that you can see at the time of the test. This allows the doctor to see problems inside the bladder that are too small to see with ultrasound or CT scan.

Your doctor may recommend cystoscopy for any of the following conditions:

- Frequent urinary tract infections
- Blood in your urine (hematuria)
- Loss of bladder control (incontinence) or overactive bladder
- Unusual cells found in urine sample
- Painful urination, chronic pelvic pain, or interstitial cystitis
- Unusual growth, polyp, tumor, or cancer

### **PREPARATION FOR THE TEST:**

**You will be asked to give a urine sample when you arrive at the office before the test to check for infection. Avoid urinating for an hour before the test. Also please drink several glasses of water for several hours prior to the test, so that it will be easy to give a urine sample.**

No other special preparation or medications are necessary.

**PLEASE NOTIFY US IN ADVANCE OF YOUR APPOINTMENT IF YOU THINK YOU MIGHT HAVE A BLADDER INFECTION, (224) 251- 7387** since your doctor will probably want to reschedule the test. Symptoms of a bladder infection might include burning or pain during urination, and foul-smelling urine, or cloudy-colored urine. At the beginning of your test, we will check your urine for signs of infection, and we may reschedule the test if infection is suspected.

### **DURING THE TEST:**

The test itself usually takes less than 5 minutes with minimal discomfort.

Your bladder is filled with water during the test to help visualize the bladder wall.

### **AFTER THE TEST:**

The bladder may be sensitive for several hours.

Avoid bladder irritants if you experience bladder discomfort, i.e.: caffeine, acid foods and drinks, spicy foods, alcohol.

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