

## Diagnostics Procedure

# Flexible Cystoscopy

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### 1. What is a flexible cystoscopy?

A flexible cystoscopy is a medical procedure used to examine the inside of the urinary bladder and urethra. It involves the use of a flexible and thin tube with a camera at the end, called a cystoscope. The cystoscope is inserted through the urethra and advanced into the bladder, allowing healthcare providers to visually inspect the urinary tract for abnormalities, blockages, or other conditions. This procedure is commonly performed to diagnose and monitor various urinary tract issues, such as urinary infections, bladder conditions, and urinary tract stones.

### 2. What are the advantages of a flexible cystoscopy?

- **Visual examination:** One of the primary advantages is the direct visual examination of the urinary tract. Healthcare providers can identify and diagnose various urinary conditions or abnormalities more accurately.
- **Minimally invasive:** Flexible cystoscopy is a minimally invasive procedure that generally requires less recovery time than open surgery. It is typically performed as an outpatient procedure.
- **Treatment capability:** In addition to diagnosis, a cystoscopy can also be used for treatments such as removing small bladder stones, obtaining tissue samples (biopsies), or treating certain conditions.

### 3. What are the possible risks of a flexible cystoscopy?

While a flexible cystoscopy is generally considered safe, there are some potential risks involved:

- Pain or discomfort
- Bleeding after the procedure
- Infection
- Rarely, difficulty urinating or retaining urine

It is crucial to follow post-procedure care instructions provided by the healthcare provider to minimise these risks.

### 4. What happens after?

Following the procedure, patients may experience temporary discomfort, mild bleeding, and a feeling of rectal fullness, which typically subside within days. Maintaining a high-fibre diet, proper hydration, and avoiding straining during bowel movements are recommended to aid the healing process. If symptoms persist or worsen, consult a healthcare provider for further guidance.