

## Cystoscopy and Transurethral Resection under Anesthesia and Post-Surgical Home Care

### About Your Procedure

Your doctor recommends that you have a cystoscopy. During the cystoscopy, your doctor will look at the inside of your urinary tract using a very thin, fiber-optic, lighted telescope, called a cystoscope. The doctor will insert the cystoscope through your urethra and into your bladder. The urethra is the tube that empties urine from the bladder. The bladder is the hollow organ that stores urine.

Your doctor may use another type of scope to check your ureters. The ureters are small tubes that carry urine from the kidney to the bladder.

During the cystoscopy, your bladder will be filled with liquid to make sure that the doctor can see the bladder wall. If your doctor sees a suspicious area, he or she may take a tissue sample of the area for testing. This is called a biopsy. The tissue will be examined under a microscope after the procedure.

You may also have a bladder wash. During this process, liquid is placed into your bladder and then drained out. The liquid is then examined for the presence of abnormal cells that may have been washed from your bladder walls.

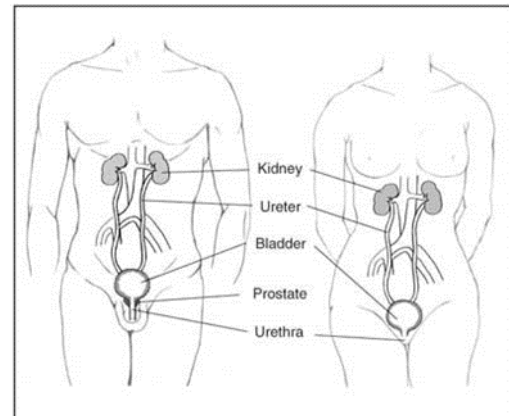
Ureteral brushing may be necessary. Ureteral brushing involves sweeping away cells from the ureters with a tiny brush. The cells are later examined under a microscope.

Your doctor may need to insert stents. Stents are small tubes inserted into the ureters to keep them open and allow urine to flow freely from the kidneys to the bladder.

Although most patients who have a cystoscopy, biopsy and/or transurethral resection under anesthesia go home the same day, some patients stay overnight. You may also go home with a foley catheter in place to keep your bladder drained.

### Your Health Care Team

Many different health care specialists will take care of you during your treatment. Your team may include several doctors and nurses, your care partner and others. Sometimes you may feel overwhelmed. Please talk with your team members about your treatment. They are here to help with any needs or concerns that you and your care partner may have.



Organs in the urinary tract Image: National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.

## Preparing for Your Procedure

### Diagnostic Tests Before Your Procedure

Your doctor may request a number of tests and laboratory studies before your procedure. If you have blood in your urine (called hematuria) X-rays and blood tests may be used to assess the health of your kidneys and ureters. These may include:

- **Metabolic panel** – blood test to check your kidney function.
- **Complete Blood Cell Count (CBC)** – a test that shows how many red blood cells, white blood cells and platelets are in a sample of your blood.
- **PT and PTT** – blood tests that check how well your blood clots.
- **Computerized Tomography (CT) Scan** – a test that uses X-rays to create a three-dimensional picture of your organs. If you are scheduled to have a CT scan, follow the instructions you are given.
- **Urinalysis** – a urine test that checks for disease in the urinary tract.
- **KUB** – an X-ray that checks the function of the kidneys, ureters and bladder.
- **Urine sample for cytology** – a urine test that checks for cancer cells.

If you are over 40, you may have a chest X-ray. If you are over 60, you may have an electrocardiogram (EKG). Also called ECG, this test records electrical activity of your heart.

Tell your doctor if you have a mitral valve prolapse or any damage to the valves of your heart. If you do, you will need an injection of antibiotics before the cystoscopy.

## Medicines

If you take aspirin, aspirin products and blood thinners (for example Coumadin and Plavix®), these will have to be stopped several days before you have the cystoscopy. Clearance may be needed from your prescribing doctor. If you have heart stents, you must discuss this with your cardiologist prior to the cystoscopy. Tell your doctor about all other medicines you are taking, including over-the-counter medicines, vitamins and herbal supplements.

## Preoperative Teaching

You and your care partner will receive information about how to prepare for your procedure and how to take care of yourself afterward.

### Results

Biopsy results are usually available in one week, although if special pathology is done, the report may take up to two to three weeks. Based on the results of cystoscopy and other studies, your doctor will develop a plan of care for you. You will receive the results and recommended treatment plan at your post op (follow up) appointment.

## Home Care

### Activities of Daily Living

- Drink eight to ten 8-ounce glasses of water each day to help with the healing process.
- Avoid caffeine and colas. They can irritate your bladder.
- You may resume your regular diet.
- You may resume your regular level of activity. Check with your doctor before resuming rigorous physical activity.
- Ask your doctor about resuming sexual activity.
- **If you smoke, quit.** Ask your doctor or nurse for information about smoking cessation programs.
- **Visible blood in the urine is not unusual following the procedure.**

### Call your doctor if you have:

- Not urinated six to eight hours after your Foley catheter is removed.
- A temperature of 101°F (38.3°C) any time after the first 72 hours after the cystoscopy.
- Bright red blood in your urine that does not decrease after drinking the recommended amount of fluids every day.
- Severe pain that does not improve after you take acetaminophen (Tylenol®, for example).

## Emergency Center

In case of any emergency, call 911 or go to the nearest emergency center. For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.

## Resources

### American Cancer Society

800-227-2345

<http://www.cancer.org>

The American Cancer Society (ACS) is a voluntary national health organization with local offices around the country. The ACS supports research, provides information about cancer, and offers many programs and services to patients and their families.

### Cancer Information Service

800-422-6237

<http://cis.nci.nih.gov>

The Cancer Information Service (CIS) is a program of the National Cancer Institute (NCI). People who call the CIS speak with highly trained and caring information specialists who can answer questions about cancer screening tests, risks, symptoms, how cancer is diagnosed, the latest treatments and support organizations.

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