

Flexible Cystoscopy

Information and advice for patients

Urology

This leaflet will explain more about your flexible cystoscopy procedure booked by your doctor or nurse as an outpatient appointment.

A flexible cystoscopy is a very quick test (30-60 seconds) whereby a small camera is passed through your water pipe into the bladder, using local anaesthetic gel. The urology team use this test to find out more about your symptoms or condition of your waterworks. It is a very safe procedure.

Upon entering the endoscopy unit, you will meet the nurse who will go through a safety checklist, check your blood pressure and request you provide a urine sample that they can check for infection.

After a discussion with the urology doctor/nurse and signing your consent, you will be accompanied to the procedure room, asked to lie down on a comfortable bed, and with plenty of lubrication anaesthetic gel in your water pipe, the camera is passed through into your bladder.

It may be slightly uncomfortable. Risks include minor self-limiting bleeding in the urine (which should resolve itself), and you are likely to experience mild burning and stinging when you pass urine for a few days after the test.

After the test you will be accompanied back to the waiting area. You can get dressed again straight away. The nurse will check you are feeling well, and can offer you to eat or drink if you wish.

You can leave the endoscopy department a short while after.

Location

The test will take place in one of the following two locations **(please read your appointment letter carefully to ensure you attend the correct site)**

- Endoscopy Unit / Area 5, 2nd Floor, Birmingham Treatment Centre, City Health Campus (B18 7QH)
- Endoscopy Unit, 1st Floor, Sandwell Health Campus (B71 4HJ)

Arrival

Please aim to arrive in good time before your scheduled appointment. On arrival please sign in using the kiosks on the Ground Floor. If you need assistance please ask staff at reception. Once you have signed in, **proceed upstairs to the endoscopy unit** and let the staff know you have arrived. **Do not sit and wait downstairs.**

If you cannot sign in downstairs, please come upstairs to the endoscopy unit to inform the nursing staff that you have arrived and they can help you sign in.

Preparation

Please follow the guidance below in preparation for the procedure:

- You can eat and drink as normal both before and after the test
- You can take your regular medications as normal – there is no need to pause any before the test
- You can drive to / from your appointment if you wish, however consider bringing a family member/friend with you if you can, in case you feel a little uncomfortable after the test and need extra assistance
- After speaking to the urology doctor/nurse, there is a small chance your test may be postponed if you have an active urine infection, or if your blood pressure is very high or you are feeling generally unwell.

Contact Details

Urology Department

Telephone:

Further information

NHS (2024) Cystoscopy. Available at: <https://www.nhs.uk/conditions/cystoscopy/how-its-done/> [Website Accessed 11 March 2025].

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