DR. CHIRAG GUPTA | UROLOGY & ANDROLOGY

Flexible Cystoscopy

A patient guide to an examination of the urethra and bladder

A practical guide to help you prepare for a conversation with your urologist. Your own care plan may differ.

What is flexible cystoscopy?

Flexible cystoscopy uses a thin, bendable camera (cystoscope) passed through the urethra to look inside the urethra and bladder. It can help investigate symptoms such as blood in the urine, recurrent urinary infections or difficulty passing urine. The exact reason for your examination will be explained by your clinician.

What happens at the appointment?

The team may ask for a urine sample and check for infection. You are usually awake, and anaesthetic lubricating gel is placed in the urethra. The cystoscope is gently passed into the bladder; sterile fluid may be used to improve the view. The examination is often done as an outpatient procedure. Your clinician will explain the findings and next steps.

Before your appointment

Follow the clinic instructions about eating, drinking and medicines. Tell the team if you take blood-thinning medicines, have medication allergies, may be pregnant, or have symptoms of a urinary infection. Do not stop prescribed medicines unless your clinician tells you to.

After the examination

A brief stinging sensation when passing urine, needing to urinate more often, or a small amount of blood may occur temporarily. Follow your clinician’s advice about fluids and activity. Ask when you can expect results and whether you need follow-up.

Possible risks and when to seek help

Infection, bleeding or temporary difficulty passing urine can occur. Contact your care team promptly if you develop fever or chills, worsening pain, persistent or heavy bleeding, clots, or inability to pass urine. If symptoms are severe or urgent, seek emergency care.

Questions to discuss

Why is cystoscopy recommended for me? Will a biopsy or treatment be done during this visit? Should I change any medicines? When and how will I receive the results?

Sources for further reading

- Gloucestershire Hospitals NHS - Flexible Cystoscopy
- Urology Care Foundation - Cystoscopy

This handout is general educational information, not a diagnosis or a substitute for advice from your treating clinician. Do not change prescribed medicines or treatment based only on this document. Ask your care team for instructions specific to you.