



# Cystoscopy

## *A bladder test*

**A cystoscopy or "cysto" is done to look inside your bladder and urethra (the tube leading out of the bladder). The test takes about 10 minutes.**

### **Why is it done?**

A cystoscopy may be done for these reasons:

- To look for changes in the inside of the bladder or urethra.
- To look for sources of bleeding or infection.
- To remove bladder stones.
- To place or remove stents (tubes leading from the kidneys to the bladder).

### **How is it done?**

A "cysto" can be done with little discomfort. A local anesthetic jelly is used to "numb" your urethra.

Once your urethra is numb, a scope (a small narrow viewing instrument) is passed into your bladder. Your bladder will be filled with sterile water, so be sure to let the doctor know when your bladder begins to feel full.

If you tend to get autonomic dysreflexia, let the doctor know if you begin to feel symptoms. Symptoms can include increased blood pressure, severe headache, and sweating.

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. The UWMC Clinic staff is also available to help at any time.

**Rehab Medicine Clinic**  
**206-598-4295**

**Urology Clinic**  
**206-598-4294**

## How to Prepare

You will not need to do anything special to prepare for this test. General anesthesia may be used for people with spinal cord injuries because of the risk of autonomic dysreflexia. In this case the clinic nurse will give you instructions about how to prepare yourself.

## Risks

There is a small risk of getting a urinary tract infection (bladder infection) after this test. Let your health care provider know if you develop any of these:

- Burning feeling when you pass urine.
- Cloudy, foul-smelling urine.
- Increased urine leakage.
- Fever or chills.

People with spinal cord injuries may be given antibiotics for several days before the test as a precaution. Ask your health care provider if you should do this.

## Follow Up

You may feel a little discomfort with passing urine after this test. Try sitting in a warm bath while you void or right after you pass urine to reduce the discomfort.

You may also see a spot of blood on your underwear for a few days. Do not worry about this.

Drink extra fluids for a few days.

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Rehabilitation Medicine**  
Box 356157  
1959 N.E. Pacific St. Seattle, WA 98195  
**206-598-4295**