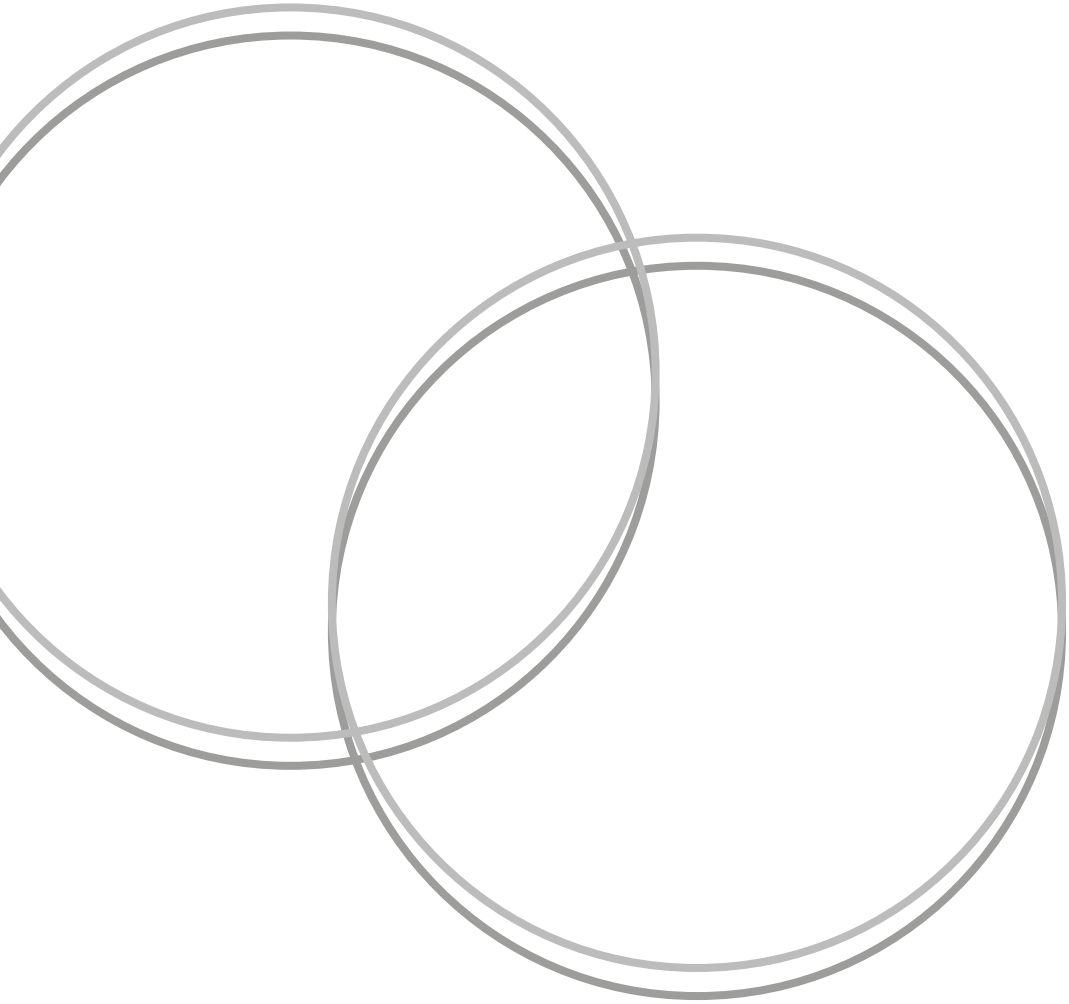
Oxford University Hospitals
NHS Foundation Trust

Flexible Cystoscopy

Information for patients



Why have I been given this leaflet?

You have been given this leaflet because you are due to have a flexible cystoscopy. This procedure will be carried out under local anaesthetic (so you remain aware during the procedure)

Please read this leaflet before your appointment. The advanced Nurse practitioner/ clinician will discuss with yourself the information within this leaflet with you at your appointment and answer questions you may have.

What is a flexible cystoscopy?

A flexible cystoscope is a thin, flexible tube containing a fibre-optic telescope which is passed into the bladder via the pipe you pass urine through (urethra). The scope is about as thick as a pencil.

Why do I need a flexible cystoscopy?

The flexible cystoscopy procedure can help to investigate some of the symptoms you have been having, such as:

- Seeing blood in your urine
- Traces of blood that you have not visualised but show on a urine 'dipstick' test
- Recurrent urine infections
- Difficulty or pain passing urine
- Incontinence

You may have been referred on the Urgent 2 week wait suspected cancer pathway.

You may be having a 'check' cystoscopy to check on the health of your bladder at regular intervals if you have already had treatment for bladder cancer.

What may be found when you have a flexible cystoscopy?

- Bladder stones
- Bladder cancer/urethral cancer
- Narrowing of the tube through which urine passes (urethra) known as strictures.
- Long-term irritation/inflammation changes

Preparing for your flexible cystoscopy

You can eat and drink normally prior to the procedure. Please take all your regular medication unless you have been instructed otherwise. You can drive yourself to and from the hospital as this procedure is performed with local anaesthetic.

Please bring:

- A list of your current medications
- A fresh urine sample (taken no more than 2 hours prior to your appointment) in a clean container. If you are not able to bring a sample with you, we will ask you to provide as sample on arrival in the department. This is to check that you do not have a urine infection. If you do, this may mean we cannot go ahead with the flexible cystoscopy until this has been treated.
- A dressing gown and slippers for your own comfort if you wish. We will offer you a hospital gown to change into prior the procedure, or you can lower bottom half of clothing when in the procedure room.

What should I expect when I arrive?

Please come to the reception at the Wytham Urology Outpatient Department at the Churchill Hospital.

A nurse will go through your medications with you and ask you some questions. You will be asked if you would like to change into a hospital gown and remove your lower clothes or lower your clothes when in the cystoscopy procedure room.

You should expect to be in the department for up to one hour so that we can prepare you for the procedure. The flexible cystoscopy itself takes only a few minutes.

You will be asked to sign as consent form before we carry out the procedure. The Nurse practitioner/doctor will explain the risks and benefits before they ask for your consent. Remember that it is your choice whether you give your consent or not. If you have any doubts or would like more information before your procedure, please ask us for more information. We will do everything we can to help you.

What should I expect during the flexible cystoscopy?

You will be asked to lie on your back on a couch. Female patients will be asked to adopt a similar position to that when having a smear test. As with many procedures a flexible cystoscopy involves some slight discomfort, and you may feel embarrassed and that it is a little undignified. The staff in the clinic room will aim to minimise your discomfort and always maintain your dignity.

The nurse practitioner/doctor will clean the genital area with some sterile water and insert some lubricating gel into the urethra to help pass the scope into the bladder. The lubricating gel contains some antiseptic (to help prevent infection) and local anaesthetic (to make the area numb). This lubricating gel can string for a few seconds. The cystoscope is then gently inserted into the urethra and up into the bladder. This can be uncomfortable but only takes a few seconds to be inserted.

The bladder is then partly filled with sterile water which allows the clinician to inspect the bladder lining. Once all parts of the bladder have been inspected, which takes a few minutes, the scope will then be withdrawn.

For women, the clinician may then do an internal examination of the vagina by inserting two gloved fingers inside the pelvis for any abnormality that may be causing your symptoms.

For men the nurse practitioner/doctor may do a digital rectal examination (DRE) inserting a gloved finger into your ‘back passage’ to feel the prostate, to check its size and any abnormalities.

What should I expect after the flexible cystoscopy?

You can get up slowly and get dressed. We recommend you pass urine before you leave the department as your bladder will be full from the procedure.

Are there any side effects?

Stinging/'burning' on passing urine – almost all people experience some stinging or a burning sensation when they pass urine after the procedure. This should settle within 2 to 3 days.

Blood in your urine – almost all people will see a pink tinge or some blood clots in their urine which should settle within a couple of days.

Drinking more water/non-alcoholic fluid than usual will help with the stinging sensation and to clear any blood.

Infection in your urine requiring antibiotics – up to 1 in 50 people will get a urine infection that requires antibiotics. See below when to seek help.

When should I seek help?

You should contact your GP immediately if:

- The stinging/burning sensation and/or blood in your urine for more than 3 days
- You develop symptoms of a urine infection, which include:
    - » Cloudy and offensive smelling urine
    - » Pain when pass urine (after the first 2 days).
    - » High temperature (above 37.5^{o}C).
- You are unable to pass urine.

Further information

The flexible cystoscopy procedure is performed by both male and female practitioners. Should you have a preference as to who performs your procedure, please let a member of the admin department know ahead of your appointment so we can accommodate this.

British Association or Urological Surgeons

www.baus.org.uk/patients

How to contact us

If you are unable to come for your appointment or have a query about your appointment time please contact the administration office:

Tel: 01865 234 444
(8:00am to 4:30pm, Monday to Friday)

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Urology team
October 2026
Review: October 2029
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information

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Leaflet reference number: OMI 112621