

# CYSTOSCOPY

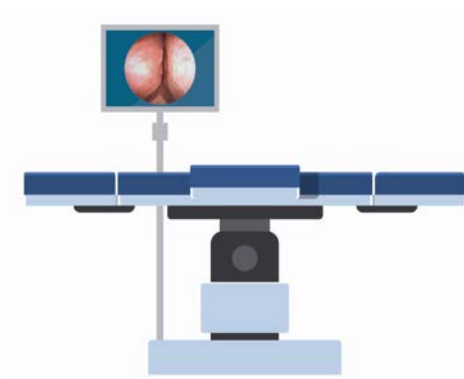
## PATIENT GUIDE

### ABOUT CYSTOSCOPY

A cystoscopy is a safe and common diagnostic test performed by a urologist in their office. It uses a thin, lighted tube to look directly inside your bladder and urethra to evaluate the anatomy. This brief procedure typically takes about 5 minutes.<sup>1</sup>

Cystoscopy enables your urologist to view your anatomy in order to:

- Assess bladder health.
- Diagnose an enlarged prostate.
- Assess which BPH procedure may be most appropriate for you.
- Rule out other bladder conditions.



### UNDERGOING A CYSTOSCOPY<sup>2-4</sup>

#### BEFORE THE PROCEDURE

- Typically, no restrictions to eating or drinking.
- Your urologist may have you take an antibiotic and order a urine test.
- Empty your bladder prior to the procedure.

#### DURING THE PROCEDURE

- The area around your urethra will be cleaned thoroughly.
- A topical anesthetic may be applied to numb your urethra.
- A thin tube is gently inserted through your urethra into your bladder. Fluid flows through the tube to the bladder to enable better visualization.
- The procedure is not usually painful, however there may be some discomfort. You may feel an urge to urinate, coolness, or fullness in your bladder.
- The cystoscope is carefully removed when the procedure is complete.

#### AFTER THE PROCEDURE

- Some patients may experience frequent urination, infection, blood in urine, pain with urination, and discomfort, which typically resolve within 24-48 hours.
- Notify your urologist if you develop a fever, bright red blood or blood clots in your urine, abdominal pain, or difficulty urinating.
- Most men return to their normal activities a few hours or a day after the procedure.

### UNDERSTANDING THE RESULTS OF YOUR CYSTOSCOPY

Your doctor may either discuss the results with you the same day or they may schedule a follow-up appointment. You may want to contact your doctor if you do not receive your results after your cystoscopy procedure.

The American Urological Association (AUA) guidelines state: **“Clinicians should consider assessment of prostate size and shape... prior to surgical intervention for LUTS attributed to BPH.”** In their White Paper on Reprocessing of Flexible Cystoscopes on the AUA website, the authors highlight cystoscopy as an **invaluable tool in identifying lower urinary tract pathology.**<sup>5</sup>

Provided by the manufacturer of the UroLift® System

1. Cystoscopy. <https://www.brighamandwomens.org/obgyn/urogynecology/forms-and-education-materials/cystoscopy-patient-instructions>; 2. Cystoscopy. What is Cystoscopy? - Urology Care Foundation. <https://www.urologyhealth.org/urology-a-z/c/cystoscopy>; 3. Mayo Foundation for Medical Education and Research. (2021, January 5). Cystoscopy. Mayo Clinic. <https://www.mayoclinic.org/tests-procedures/cystoscopy/about/pac-20393694>; 4. NHS. NHS Choices. <https://www.nhs.uk/conditions/cystoscopy/what-happens/>; 5. AUA BPH Guidelines 2020

**STAY ON TOP OF YOUR BPH SYMPTOMS**

Take the IPSS Survey to measure the severity of your BPH symptoms

**International Prostate Symptom Score (IPSS)**

Patient Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Daytime Phone Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Determine Your BPH Symptoms**

Circle your answers and add up your scores at the bottom.

Over the past month	Not at all	Less than one time in five	Less than half the time	About half the time	More than half the time	Almost always
<b>Incomplete emptying</b> – How often have you had the sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5
<b>Frequency</b> – How often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5
<b>Intermittency</b> – How often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5
<b>Urgency</b> – How often have you found it difficult to postpone urination?	0	1	2	3	4	5
<b>Weak stream</b> – How often have you had a weak urinary stream?	0	1	2	3	4	5
<b>Straining</b> – How often have you had to push or strain to begin urination?	0	1	2	3	4	5
<b>Sleeping</b> – How many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	None 0	One Time 1	Two Times 2	Three Times 3	Four Times 4	Five or More Times 5
<b>Add Symptom Scores:</b>		+	+	+	+	+

**Total International Prostate Symptom Score = \_\_\_\_\_**

1 – 7 mild symptoms | 8 – 19 moderate symptoms | 20 – 35 severe symptoms

Regardless of the score, if your symptoms are bothersome you should notify your doctor.

**Quality of Life (QoL)**

	Delighted	Pleased	Mostly Satisfied	Mixed	Mostly Dissatisfied	Unhappy	Terrible				
If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that?	0	1	2	3	4	5	6				
Have you tried medications to help your symptoms?						Yes	No				
Did these medications help your symptoms? (circle)											
	1	2	3	4	5	6	7	8	9	10	
No Relief											Complete Relief
Would you be interested in learning about a minimally invasive option that could allow you to avoid or discontinue enlarged prostate medications?						Yes	No				

The information provided in this form may be de-identified and aggregated and provided to a 3rd party for use.