

# Cystourethroscopy: Preparation and Procedure

This test is done to allow the doctor to examine the inside of your urethra and bladder using an instrument called a cystourethroscope. A nurse will be present during the test, which takes about 15 minutes.

## Preparation

- You do not need to come with a full bladder
- Stop taking all your bladder relaxing medications (e.g., Detrol™, Ditropan™, Vesicare™, Toviaz™, Myrbetriq™) for **3 or more days before the test**, as these drugs will affect the results.
- If you have a heart condition and need to take antibiotics before any tests and procedures, get a prescription from your family doctor and take them **one hour** before the test.
- Tell your nurse if you have an allergy to latex or iodine.

## What to Expect During the Test

1. You will need to change into a hospital gown.
2. You will be seated on a urodynamics chair.
3. The nurse will catheterize you (put a small tube into your bladder) to check if your bladder is completely empty.
4. The doctor will insert the cystourethroscope into your urethra and bladder and will look inside your urethra and bladder. You will be able to watch this on a monitor screen.
5. Your bladder will be filled with sterile saline water to see how the bladder appears as it fills.
6. The doctor may then do a pelvic exam using a speculum to see what happens in your vagina when your bladder is full.

## After the Test

- You may empty your bladder in the bathroom, get dressed, and carry on with your normal activities. You will receive instructions for follow-up care and appointments.
- The doctor will go over the results of your test with you after you are dressed or at a later appointment. A letter will be sent to your referring doctor with results and recommendations.