

## Benefits of a Cystoscopy

Any abnormalities found may be treated at the time:

- **Bladder Cancer**
  - Biopsy
  - Resected
- **Stones**
  - Lasered
- **Prostate Enlargement**
  - Lasered
  - Vapourized

## Retrograde pyelogram

If Dr Elmes is concerned that your problems (e.g. bleeding, infections) may be from the kidney or ureters (drain pipes that connect kidney to bladder), he may need to perform RPG's – special x-ray and dye test.



### DR MARTIN ELMES

With over 10 years of expertise in the field of Urology, Dr Elmes provides a full range of high quality urological services for patients needs with the use of advanced techniques and cutting edge equipment to perform procedures. Dr Elmes is highly qualified in the field of urology having completed extensive surgical training throughout Melbourne and Sydney.

His main interests in the field include minimally invasive Robotic prostate & kidney surgery, BPH treatments (Advanced laser prostate enucleation (HoLEP) & UroLift) and Erectile Dysfunction (needle-free intracavernosal injections and penile prosthesis surgery). Dr Elmes is dedicated to teaching and training today's medical students, junior doctors and surgeons to ensure there is continuous development in the field of Urology.

Please visit our website or call us on (07) 5598 0098 for more information about what is best suited for you.

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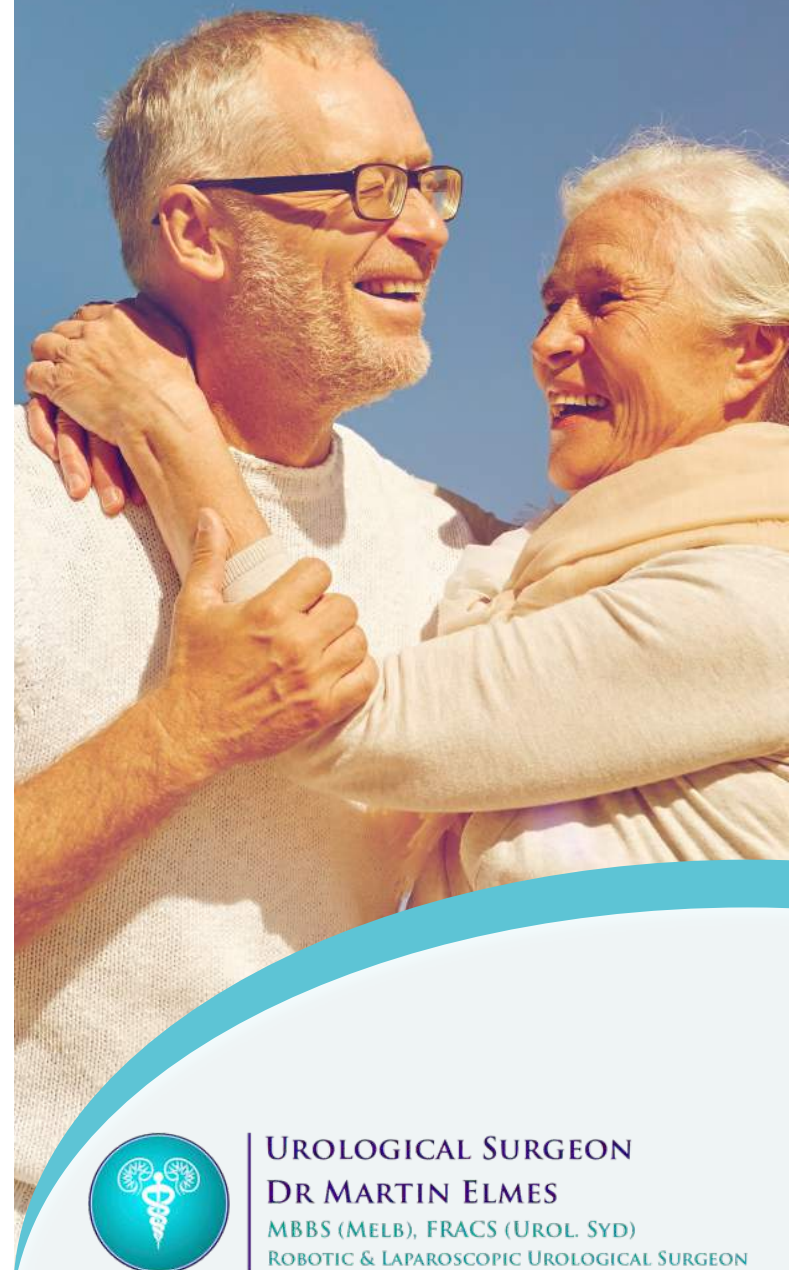
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PROCEDURE DATE:	
PROCEDURE LOCATION:	

TIME TO BE ADVISED BY ROOMS THE WEEK  
PRIOR TO PROCEDURE DATE

# A PATIENT GUIDE TO CYSTOSCOPY



UROLOGICAL SURGEON

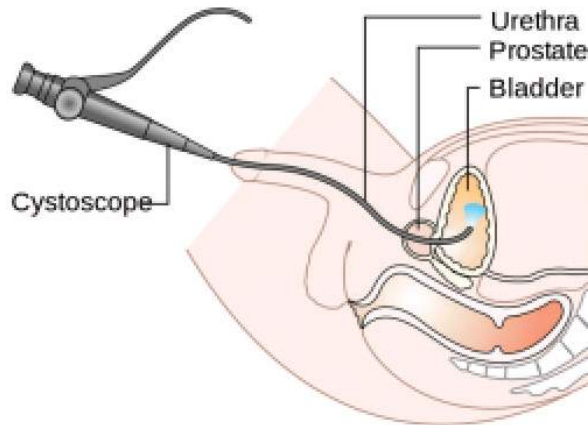
DR MARTIN ELMES

MBBS (MELB), FRACS (UROL. SYD)

ROBOTIC & LAPAROSCOPIC UROLOGICAL SURGEON

## What is a Cystoscopy?

A Cystoscopy is a visual examination of the bladder performed with a telescope passed via the urethra (tube that drains the bladder). It is a common diagnostic procedure used when you are experiencing problems associated with your bladder and urinary system. With a cystoscope, Dr Elmes can examine the urethra, prostate and the lining of the bladder for any indications of inflammation, obstruction and small tumours. You will have either local anaesthetic or general anaesthetic.

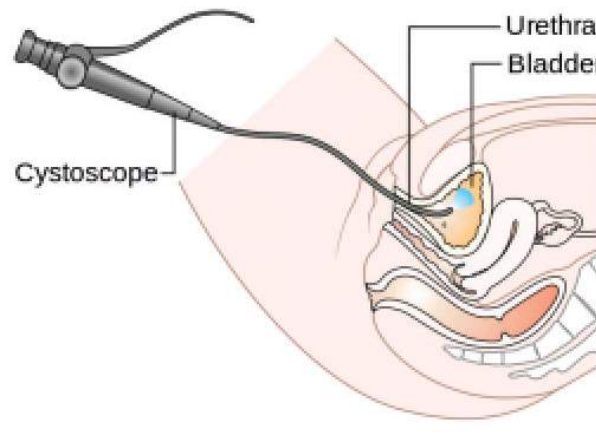


Male Cystoscopy

## Why is a Cystoscopy performed?

Dr Elmes performs the Cystoscopy to diagnose and treat certain urinary symptoms and conditions that affect your urethra and bladder including:

- UTI
- Urinary bleeding
- Voiding difficulties - Lower urinary tract symptoms that may need intervention, such as slow flow or frequency
- Urinary retention
- Bladder cancer
- Burning or discomfort with urination



Female Cystoscopy

## Post-operative care

### After Procedure:

#### Expect:

- Burning / Urgency / Frequency (24-72 hrs)
- Bleeding (minor)

#### What to do:

- Drink plenty of fluid
- Take URAL sachet (up to 4 times per day if burning)

#### Avoid:

- Driving & machinery operating for the day after

#### Inform rooms if:

- Unable to void
- Heavy bleeding / multiple clots
- Fevers / unwell

## Results of your Cystoscopy

Based on the findings of your Cystoscopy, Dr Elmes will recommend a treatment plan for you and any further necessary tests.