

WHAT ARE THE BENEFITS OF A CYSTOSCOPY?

Any abnormalities found may be treated at the time:

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

Retrograde Pyleograms (RPG's)

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
HIGH QUALITY,
PERSONALISED AND
PATIENT-FOCUSED
UROLOGICAL CARE

With over 15 years of expertise in the field of Urology, Dr Elmes provides a full range of high quality Urological services for patients 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:

PSA Surveillance & Management

Minimally invasive Robotic Prostate & Kidney surgery

Advanced BPH treatments

Laser prostate enucleation (HoLEP)
Rezum water vapour steam therapy
UroLift (Internal Sutures)

Kidney Stones

**Penile Prosthesis Post Robotic Prostatectomy
Rehabilitation**
(no-touch technique)

Visit our website or call us on (07) 5575 7922 for more information about our urological services.

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A PATIENT GUIDE TO CYSTOSCOPY



GOLD COAST UROLOGIST

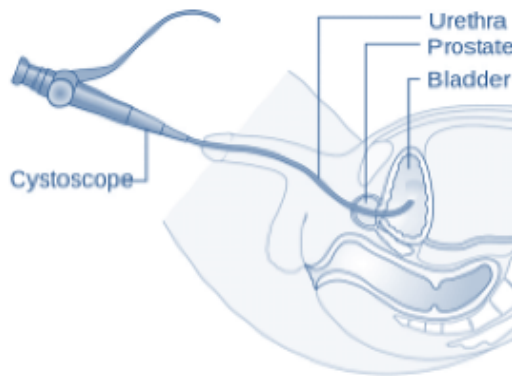
DR MARTIN ELMES

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.

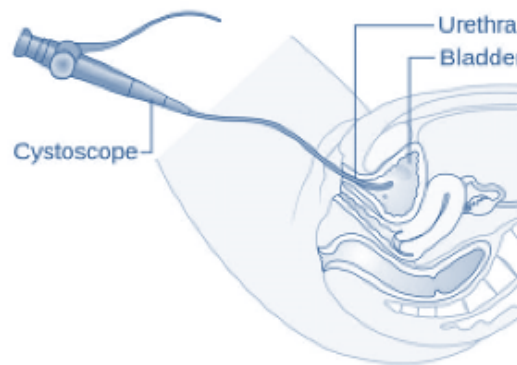


Male Cystoscopy

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

WHAT TO EXPECT POST YOUR PROCEDURE

Expect:

- You may feel burning when you urinate for the next 2 to 3 days
- You may experience frequency and urgency of urination for the next day or two
- You may see a small amount of blood in your urine for the next 2 to 3 days. This will make your urine look pink
- If you have had an anaesthetic you will be uninsured to drive for 24hrs
- Return to work is usually 1-2 days post procedure but this depends on how your recovery is going, type of work and when you are comfortable.
- Dr Elmes rooms can provide you with a medical certificate if required.

What to do:

- Drink plenty of fluid every day for the next few days. The liquids will help flush your bladder. This is important to help reduce the amount of bleeding you may have and to help prevent infection
- Take URAL sachets up to 4 times per day if you experience a burning sensation

Avoid:

- Avoid strenuous activities, such as bicycle riding, jogging, weight lifting, aerobic exercise and machinery operating for the day after
- Most people are able to return to work within 1 or 2 days after the procedure

Inform Dr Elmes' rooms if:

- If you are unable to urinate (urinary retention) contact our rooms, or if our rooms are unattended admit yourself to the emergency department for treatment
- Your urine becomes a red, thick strawberry jam consistency (i.e. heavy continuous bleeding +/- clots)
- Fevers/unwell
- You may be otherwise concerned