

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
UROLOGICAL SURGEON

Specialising in
Robotic Prostate and Kidney
surgery
Advanced BPH treatments
Erectile Dysfunction treatment

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:

Minimally invasive Robotic Prostate & Kidney surgery

Advanced BPH treatments

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

Erectile Dysfunction

Penile Prosthesis (no-touch technique)

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

Varsity Lakes
Suite 2 Level 1
2 Lake Street
Varsity Lakes QLD 4227

Pindara
Suite 8 Level 1 – Pindara Place
13 Cararra St
Benowa QLD 4217

Contact us
Phone: 07 5575 7922
Fax: 07 5575 8922

Email: admin@goldcoasturologist.com.au
www.goldcoasturologist.com.au



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UROLOGICAL SURGEON

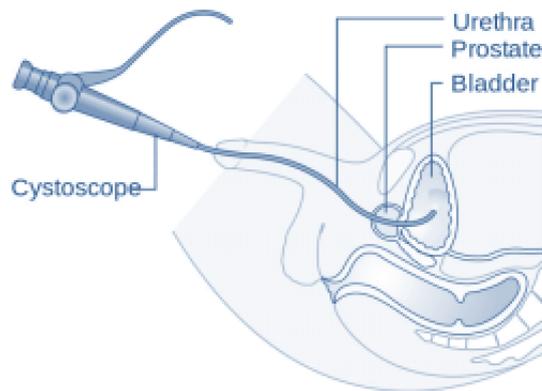
A PATIENT GUIDE TO CYSTOSCOPY



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 usually have general anaesthetic.

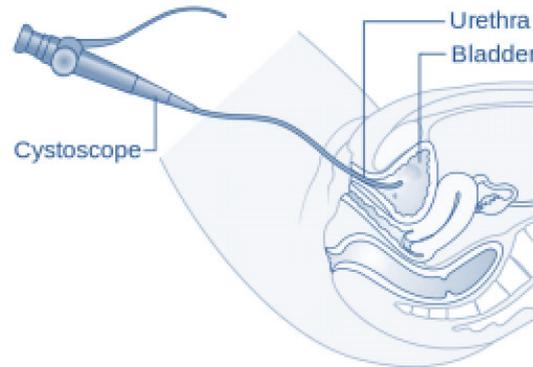


Male Cystoscopy

WHY IS A CYSTOSCOPY PERFORMED?

Dr Elmes performs a Cystoscopy to diagnose and treat certain urinary symptoms and conditions that affect your urethra and bladder and in males prostates as well, 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

BEFORE SURGERY

Dr Elmes rooms or the Hospital will instruct you a week before your surgery with information regarding Hospital admission times, fasting instructions, medications to cease or continue. You will also be provided information about pathology tests that may need to be done before your procedure.

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 or head to John Flynn Hospital emergency department if:

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