

# OP11

## DIAGNOSTIC FLEXIBLE CYSTOSCOPY - IS IT WORTH IT?

*A. Waheed, A. Taithongchai, R. Mohamed-Ahmed, A. Da Silva, G. Araklitis, A. Rantell, C. Davis, D. Robinson, L. Cardozo*

### Introduction

Flexible cystoscopy is a diagnostic investigation offered to women presenting with haematuria, recurrent urinary tract infections, and obstructive or irritative lower urinary tract symptoms. The benefits of flexible cystoscopy allow for the procedure to be performed under local anaesthetic in an ambulatory setting and is well tolerated by women (1).

### Methods

This was a service evaluation of the ambulatory cystoscopy service by retrospective review of patient's records attending between 01/01/2022 and 30/06/2022.

### Results

In total, 100 patient records were identified. The mean age was 52.0 years (SD 15.8). Two were unable to have the scope inserted and 3 had an active UTI and had to be deferred and were therefore excluded. The most common indications for referral were irritative lower urinary tract symptoms (37%) and non-visible haematuria (25%). Follicular cystitis was visualised in 29% and 69% had normal findings. Trabeculations were seen in 32%: of these, 56% had confirmed detrusor overactivity. Flexible cystoscopy led to a change in management for 31% of patients: 3 months of antibiotics, referral for rigid cystoscopy and biopsies or onward referral to other specialities.

Table 1. Table of the indications for referral for flexible cystoscopy and diagnosis made.

| Indication for Referral                             | Normal cystoscopy | Follicular cystitis on cystoscopy | Other                |
|---|-------------------|-----------------------------------|----------------------|
| Irritative lower urinary tract symptoms (n=37)      | 23 (62%)          | 11                                | 2 suspicious lesions |
| Non-visible haematuria (n=25)                       | 13 (52%)          | 7                                 | 2 suspicious lesions |
| Recurrent urinary tract infection (n=9)             | 4 (44%)           | 2                                 | 0                    |
| Bladder pain (n=8)                                  | 7 (89%)           | 1                                 | 0                    |
| Obstructive lower urinary tract symptoms (n=7)      | 6 (85%)           | 1                                 | 0                    |
| Prior mesh with lower urinary tract symptoms (n=14) | 8 (57%)           | 4                                 | 2 bladder stones     |

### Conclusion

Indications for flexible cystoscopy were compliant with referral guidance. One third of flexible cystoscopies resulted in a change in patient management. It is therefore a useful diagnostic test to offer patients.

### Reference

Lee JW, Doumouchtsis SK, Jeffery S, Fynes MM. Evaluation of outpatient cystoscopy in urogynaecology. Arch Gynecol Obstet. 2009 May;279(5):631-5. doi: 10.1007/s00404-008-0773-6. Epub 2008 Sep 5. PMID: 18773215.