



UR07 Systosgopi Hyblyg (gwryw)

Beth yw systosgopi hyblyg?

Gweithdrefn yw systosgopi hyblyg i edrych am unrhyw broblemau yn eich pledren gan ddefnyddio telesgop opteg ffibr hyblyg (systosgop).

Mae eich meddyg wedi argymhell systosgopi hyblyg. Fodd bynnag, eich penderfyniad chi yw mynd ymlaen â'r weithdrefn neu beidio. Rhydd y ddogfen hon wybodaeth i chi am y manteision a'r peryglon er mwyn eich cynorthwyo i wneud penderfyniad gwybodus.

Os bydd gennych unrhyw gwestiynau nad yw'r ddogfen hon yn eu hateb, dylech ofyn i'ch meddyg neu unrhyw aelod o'r tîm gofal iechyd.

Pam mae arnaf angen systosgopi hyblyg?

Mae eich meddyg yn bryderus fod rhywbeth o'i le ar eich pledren. Er enghraifft, efallai eich bod yn cael gwaed yn eich wrin, heintiau aml neu efallai fod gennych bledren anniddig (ysfa sydyn a direol i basio dŵr).

Os bydd eich meddyg yn gweld problem yn ystod y systosgopi, efallai y bydd yn gwneud biopsi (tynnu tamaid bychan o feinwe).

Os bydd y systosgopi'n normal, efallai y gall eich meddyg ddweud wrthy ch ar unwaith a chewch dawelwch meddwl.

Oes yna unrhyw ddewisiadau eraill heblaw systosgopi hyblyg?

Efallai y bydd sgan yn rhoi peth gwybodaeth am achos y broblem. Fodd bynnag, mae systosgopi hyblyg yn aml yn arwain at ddiagnosis. Ni ellir gweld rhai problemau gyda leinin y bledren ond â systosgop.

Mae'n bosibl cael systosgopi anhyblyg sy'n galluogi'ch llawfeddyg i drin rhai problemau gyda'ch pledren a'ch tiwbiau wrinol. Fodd bynnag, mae systosgopi anhyblyg yn golygu anesthetig cyffredinol neu anesthetig yr asgwrn cefn.

UR07 Flexible Cystoscopy (male)

What is a flexible cystoscopy?

A flexible cystoscopy is a procedure to check for any problems in your bladder using a flexible fibre-optic telescope (cystoscope).

Your doctor has recommended a flexible cystoscopy. However, it is your decision to go ahead with the procedure or not. This document will give you information about the benefits and risks to help you make an informed decision.

If you have any questions that this document does not answer, you should ask your doctor or any member of the healthcare team.

Why do I need a flexible cystoscopy?

Your doctor is concerned there may be a problem with your bladder. For example, you may be getting blood in your urine, repeated infections or you may have an irritable bladder (a sudden and uncontrolled urge to pass urine).

If your doctor does see a problem during the cystoscopy, they may perform a biopsy (removing a small piece of tissue).

If the cystoscopy is normal, your doctor may be able to tell you straight away and you will be reassured.

Are there any alternatives to a flexible cystoscopy?

A scan may give some information about the cause of the problem. However, a flexible cystoscopy often leads to a diagnosis. Some problems with the lining of the bladder can only be seen with a cystoscope.

It is possible to have a rigid cystoscopy that allows your surgeon to treat certain problems with the bladder and urinary tubes. However, a rigid cystoscopy involves a general or spinal anaesthetic.

Beth fydd yn digwydd os penderfynaf beidio â chael systosgopi?

Efallai na fydd eich meddyg yn gallu cadarnhau beth yw'r broblem. Os penderfynwch beidio â chael systosgopi, dylech drafod hyn yn ofalus gyda'ch meddyg.

Beth mae'r weithdrefn yn ei olygu?

Bydd y tîm gofal iechyd yn cynnal nifer o wiriadau er mwyn sicrhau eich bod yn cael y weithdrefn y daethoch i mewn i'w chael.

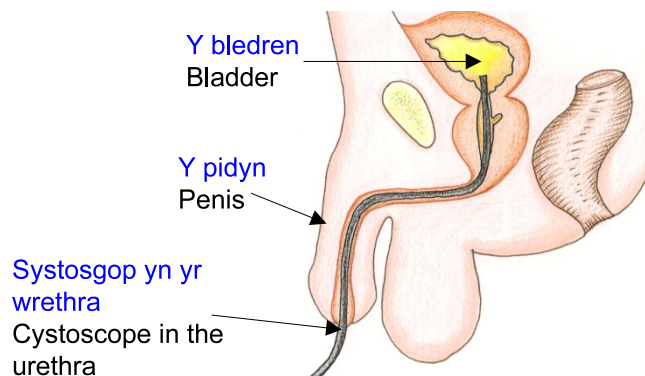
Gellwch fod o gymorth drwy gadarnhau i'ch meddyg a'r tîm gofal iechyd eich enw a'r weithdrefn yr ydych yn ei chael.

Efallai y bydd angen i chi roi sampl o'ch wrin i gael ei brofi ar gyfer haint.

Bydd y weithdrefn yn cymryd oddeutu pum munud fel rheol.

Bydd eich meddyg yn defnyddio antiseptig i lanhau'r lle cyn wrth agorfa'r wrethra (tiwb sy'n cludo wrin o'r bledren). Efallai y bydd yn gwasgu jeli anesthetig lleol i mewn i'r wrethra i fod o gymorth i atal haint a lleihau anesmwythdra.

Bydd eich meddyg yn symud y systosgop i mewn i'ch pledren drwy eich wrethra (gweler ffigur 1). Byddwch yn teimlo fel pe baech yn pasio dŵr. Ceisiwch lacio'ch cyhyrau, fel y byddech fel arfer wrth basio dŵr, gan y bydd hyn yn ei gwneud yn haws symud y systosgop i mewn i'ch pledren.



Ffigur 1

Croestoriad o ran y pelfis mewn gwryw yn dangos systosgopi hyblyg

Bydd eich meddyg yn defnyddio'r systosgop i chwilio am unrhyw broblemau yn leinin eich pledren ac yn cynnal biopsïau os bydd angen. Bydd yn symud hylif drwy'r systosgop ac i mewn i'ch pledren i'w gynorthwyo i wneud y diagnosis.

What will happen if I decide not to have a cystoscopy?

Your doctor may not be able to confirm what the problem is. If you decide not to have a cystoscopy, you should discuss this carefully with your doctor.

What does the procedure involve?

The healthcare team will carry out a number of checks to make sure you have the procedure you came in for. You can help by confirming to your doctor and the healthcare team your name and the procedure you are having.

You may need to give a sample of your urine to check for any infection.

The procedure usually takes about five minutes.

Your doctor will use antiseptic to clean the area at the opening of the urethra (tube that carries urine from the bladder). They may squeeze some local anaesthetic jelly into the urethra to help prevent infection and reduce discomfort.

Your doctor will pass the cystoscope into your bladder through your urethra (see figure 1). You will feel as if you are passing urine. Try to relax your muscles, as you would do normally when you pass urine, as this will make it easier to move the cystoscope into your bladder.

Figure 1

Cross-section of the male pelvic region showing a flexible cystoscopy

Your doctor will use the cystoscope to look for any problems in the lining of your bladder. They will pass fluid through the cystoscope and into your bladder to help them make the diagnosis.

Bydd eich meddyg yn rhoi gwybod i chi os bydd arno angen gwneud biopsi. Byddwch yn teimlo plwc anghyfforddus pan fydd y feinwe'n cael ei thynnu.

Ar ddiwedd y weithdrefn, bydd eich meddyg yn tynnu'r systosgop.

Pa gymhlethdodau all ddigwydd?

Bydd y tîm gofal iechyd yn ceisio gwneud eich gweithdrefn mor ddiogel ag sydd modd. Fodd bynnag, gall cymhlethdodau ddigwydd. Gall rhai o'r rhain fod yn ddifrifol.

Mae cymhlethdodau posibl systosgopi hyblyg wedi eu rhestru isod. Mae unrhyw niferoedd, sy'n gysylltiedig â risg, yn deillio o astudiaethau o bobl sydd wedi cael y weithdrefn hon. Efallai y gall eich meddyg ddweud wrthy'ch p'un a yw'r perygl o gymhlethdod yn fwy ynteu'n llai i chi.

- **Gwaedu** yn ystod y weithdrefn neu wedyn. Efallai y sylwch ar swm bychan o waed y tro cyntaf neu'r ail dro i chi basio dŵr (risg: 1 mewn 5). Bydd y rhan fwyaf o ddynion sy'n cael biopsi yn sylwi ar waed yn eu dŵr. Ychydig iawn yw unrhyw waed fel arfer. Rhowch wybod i'ch llawfeddyg os ydych chi ar warffarin neu clopidogrel. Dilynwch gyngor eich llawfeddyg ynglŷn â rhoi'r gorau i'r feddyginiaeth hon cyn y weithdrefn.

- **Haint** (risg: 1 mewn 30). Os bydd arnoch angen pasio dŵr yn aml ac os na fyddwch yn pasio ond symiau bychan gyda llawer o anesmwythdra, efallai bod gennych haint. Os bydd eich symptomau'n dal i waethgu, rhowch wybod i'ch Meddyg Teulu. Efallai y bydd arnoch angen triniaeth â gwrthfotigau.

- **Yr wrethra'n culhau** (culfan), wedi ei achosi gan feinwe craith yn ffurfio. Mae hyn yn anarferol ar ôl un systosgopi. Os bydd hyn yn digwydd, efallai y bydd arnoch angen llawdriniaeth bellach (risg: llai nag 1 mewn 1,000).

Dylech drafod y cymhlethdodau posibl hyn gyda'ch meddyg os oes unrhyw beth nad ydych yn ei ddeall.

Your doctor will let you know if they need to perform a biopsy. You will feel an uncomfortable, tugging sensation when the tissue is removed.

At the end of the procedure, your doctor will remove the cystoscope.

What complications can happen?

The healthcare team will try to make your procedure as safe as possible. However, complications can happen. Some of these can be serious.

The possible complications of a flexible cystoscopy are listed below. Any numbers which relate to risk are from studies of people who have had this procedure. Your doctor may be able to tell you if the risk of a complication is higher or lower for you.

- **Bleeding** during or after the procedure. You may notice a small amount of blood the first couple of times you pass urine (risk: 1 in 5). Most men who have a biopsy will notice blood in their urine. Any bleeding is usually very little. Let your surgeon know if you are on warfarin or clopidogrel. Follow your surgeon's advice about stopping this medication before the procedure.

- **Infection** (risk: 1 in 30). If you need to pass urine often and only pass small amounts with a great deal of discomfort, you may have an infection. If your symptoms continue to get worse, let your GP know. You may need treatment with antibiotics.

- **Narrowing of the urethra** (stricture), caused by scar tissue forming. This is unusual after a single cystoscopy. If this happens, you may need further surgery (risk: less than 1 in 1,000).

You should discuss these possible complications with your doctor if there is anything you do not understand.

Pa mor fuan y byddaf yn gwella?

• Yn yr ysbyty

Ar ôl y weithdrefn cewch eich trosglwyddo i'r ystafell adfer lle y gellwch orffwys.

Dylech fedru mynd adref yr un diwrnod, ar ôl i chi basio dŵr.

• Dychwelyd i weithgareddau arferol

Efallai y byddwch yn teimlo ychydig o losgi yr ychydig droeon cyntaf y byddwch yn pasio dŵr. Yfwch hyd at 3 litr (5 peint) o ddŵr y dydd i'ch cynorthwyo i basio dŵr yn haws.

Nid yw systosgopi hyblyg yn weithdrefn boenus fel arfer. Os cewch anesmwythdra o gwbl, cymerwch gyffuriau syml i ladd poen megis paracetamol.

Dylech fedru mynd yn ôl i weithio y diwrnod ar ôl y systosgopi, oni ddywedir fel arall wrthyh.

Peidiwch â gyrru hyd nes y byddwch yn hyderus ynglŷn â rheoli'ch cerbyd a gofynnwch i'ch meddyg a'ch cwmni yswiriant yn gyntaf bob amser.

• Newidiadau mewn dull o fyw

Os ydych chi'n ysmegu, ceisiwch roi'r gorau iddi'n awr. Bydd rhoi'r gorau i ysmegu yn gwella'ch iechyd yn y tymor hir.

Am gymorth a chyngor ynglŷn â rhoi'r gorau i ysmegu, ewch i www.stopsmokingwales.com.

Rydych chi'n fwy tebygol o ddatblygu cymhlethdodau os ydych chi dros eich pwysau.

Am gyngor ynghylch cadw pwysau iach, ewch i www.eatwell.gov.uk.

• Ymarfer

Gall ymarfer rheolaidd leihau'r perygl o glefyd y galon a chyflyrau meddygol eraill, gwella'r ffordd y mae eich ysgyfaint yn gweithio, rhoi hwb i'ch system imiwnedd, eich cynorthwyo i reoli'ch pwysau a gwella'ch hwyliau. Dylai ymarfer wella'ch iechyd yn y tymor hir.

Am wybodaeth sut y gall ymarfer fod o gymorth i chi, ewch i www.eidoactive.co.uk. Cyn i chi ddechrau ymarfer, fe ddylech ofyn i aelod o'r tîm gofal iechyd neu eich Meddyg Teulu am gyngor.

How soon will I recover?

• In hospital

After the procedure you will be transferred to the recovery area where you can rest.

You should be able to go home the same day, after you have passed urine.

• Returning to normal activities

You may experience a little stinging the first few times you pass urine. Drink up to 3 litres (5 pints) of water a day to help you pass urine more easily.

A flexible cystoscopy is usually not a painful procedure. If you have any discomfort, take simple painkillers such as paracetamol.

You should be able to go back to work the day after the cystoscopy unless you are told otherwise.

Do not drive until you are confident about controlling your vehicle and always check with your doctor and insurance company first.

• Lifestyle changes

If you smoke, try to stop smoking now.

Stopping smoking will improve your long-term health.

For help and advice on stopping smoking, go to www.stopsmokingwales.com.

You have a higher chance of developing complications if you are overweight.

For advice on maintaining a healthy weight, go to www.eatwell.gov.uk.

• Exercise

Regular exercise can reduce the risk of heart disease and other medical conditions, improve how your lungs work, boost your immune system, help you to control your weight and improve your mood. Exercise should improve your long-term health.

For information on how exercise can help you, go to www.eidoactive.co.uk.

Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

• Y dyfodol

Bydd aelod o'r tîm yn dweud wrthy ch beth a ganfuwyd yn ystod y systosgopi a bydd yn trafod efo chi unrhyw driniaeth neu ddilyniant y bydd arnoch ei angen. Ni fydd canlyniadau'r biopsïau ar gael am ychydig ddyddiau ac felly efallai y bydd yn gofyn i chi ddod yn ôl i'r clinig i gael y canlyniadau hyn.

Crynodeb

Fel arfer, mae systosgopi hyblyg yn ffordd ddiogel ac effeithiol o ddarganfod a oes problem gyda'ch pledren. Fodd bynnag, gall cymhlethdodau ddigwydd. Mae angen i chi gael gwybod am y rhain er mwyn eich cynorthwyo i wneud penderfyniad gwybodus ynglŷn â'r weithdrefn. Bydd gwybod amdanynt yn gymorth hefyd i ddarganfod unrhyw broblemau a'u trin yn fuan.

Gwybodaeth bellach

- Smoking helpline on 0800 085 2219 and at www.stopsmokingwales.com
- www.eatwell.gov.uk – for advice on maintaining a healthy weight
- www.eidoactive.co.uk – for information on how exercise can help you
- www.aboutmyhealth.org – for support and information you can trust
- NHS Direct Wales on 0845 46 47 (0845 606 46 47 – textphone)
- www.1000livescampaign.wales.nhs.uk

Diolchiadau

Awdur: Mr John Lemberger FRCS
Darluniau: Hannah Ravenscroft RM

• The future

A member of the team will tell you what was found during the cystoscopy and will discuss with you any treatment or follow-up you need. Results from biopsies will not be available for a few days so they may ask you to come back to the clinic for these results.

Summary

A flexible cystoscopy is usually a safe and effective way of finding out if there is a problem with your bladder. However, complications can happen. You need to know about them to help you make an informed decision about the procedure. Knowing about them will also help to detect and treat any problems early.

Further information

- Smoking helpline on 0800 085 2219 and at www.stopsmokingwales.com
- www.eatwell.gov.uk – for advice on maintaining a healthy weight
- www.eidoactive.co.uk – for information on how exercise can help you
- www.aboutmyhealth.org – for support and information you can trust
- NHS Direct Wales on 0845 46 47 (0845 606 46 47 – textphone)
- www.1000livescampaign.wales.nhs.uk

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Gwybodaeth leol

Gallwch gael y wybodaeth yn lleol gan:

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Dywedwch wrthym pa mor ddefnyddiol yr oeddech yn gweld y ddogfen hon yn www.patientfeedback.org

I ddibenion gwybodaeth yn unig y bwriadwyd y ddogfen hon ac ni ddylai gymryd lle cyngor y byddai eich gweithiwr proffesiynol iechyd perthnasol yn ei roi i chi.

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Cyhoeddwyd Mawrth 2010

Daw i ben ddiwedd Ionawr 2011

Local information

You can get information locally from:

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