FREQUENCY AND OUTCOMES OF FLEXIBLE CYSTOSCOPY IN LOWER URINARY TRACT SYMPTOMS (LUTS)
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INTRODUCTION AND OBJECTIVES: The use of flexible cystoscopy in the routine investigation of lower urinary tract symptoms (LUTS) still remains controversial. This study looked at the proportion of procedures performed for LUTS in a large teaching hospital over a period of 6 months, and examined whether the findings and subsequent outcomes warrant the use of cystoscopy in LUTS.

METHODS: This was a retrospective study of 918 flexible cystoscopies undertaken over six months, between September 2009 and February 2010. Data was extracted from an online database of patients undergoing cystoscopy in outpatient clinic at our institution, with demographics and relevant information collected from operative sheets.

RESULTS: Of the 918 patients undergoing cystoscopy, 62 presented with LUTS as their main complaint. Of these, 21 were found to have prostate pathology including hypertrophy, 15 had trabeculae or diverticulae, 3 had urethral strictures, and 1 was found to have a bladder tumor which was later confirmed by biopsy. Final outcomes were as follows: 4% required transurethral resection of the bladder or prostate, 43% were treated medically with alpha-blockers, and 2% went on to have urethral or bladder calculi removed. 32% required further investigation in the form of imaging (ultrasound or CT scan) or urodynamics.

CONCLUSIONS: Flexible cystoscopy remains reasonably good at picking up pathology of the bladder or prostate in the setting of lower urinary tract symptoms, and helps inform management, especially when combined with other investigations such as imaging and urine cytology.