Let's Talk About...

Cystoscopy

Your child may need a minor procedure called a cystoscopy (sis-TOSS-co-pee). In a cystoscopy, a small tube is inserted into the opening where the urine comes out. The procedure looks at parts of the urinary system (kidneys, ureters, bladder, urethra). It involves special preparation and medicine to make your child sleep during the procedure (sedation medicine). This medicine often upsets the body. This means your child will need some temporary care as he recovers from the procedure. The following will help you care for your child.

Diet

When can my child eat?

After your child wakes up from the procedure, he can take clear liquids that are easily digested. Clear liquids include Pedialyte®, water, apple juice, Gatorade®, Popsicle®, plain Jell-O®. Most babies can take a bottle or resume breastfeeding. Your child may resume a normal diet after leaving the hospital. You should start feeding him soft, easily digested foods. Try to stay away from high fat or greasy foods like hamburgers and pizza for 24 hours following the procedure (this is because of the sedation medicine).

What should I do about nausea and vomiting?

Sedation medicine, car movement, and pain medicine can all cause your child to have nausea (sick to his stomach) or to vomit (throw up). You can help control nausea and vomiting by having your child lie quietly and decrease movement. You should also wait to have your child drink until he feels less sick. At times it is impossible to prevent vomiting. If your child vomits, wait until his stomach has settled down (about 30 minutes after vomiting), then have him take small sips of clear liquids or ice chips every 5 to 10 minutes. If your child is under 2 years of age, try giving him water, apple juice, or Pedialyte. If he is older, try eating a Popsicle, Gatorade, or plain Jell-O . Help your child drink every 15 to 30 minutes, but don't force him. If the nausea returns, wait another 30 minutes and try again. Once your child has stopped feeling sick, begin giving solid foods.

How will I know if my child is drinking enough?

After the procedure, your child will have low body fluids. Some signs of not having enough to drink include dark yellow urine, a dry mouth (no spit), chapped lips, and the soft spot on your baby's head sinking inwards. If you notice any of these things, give your child more to drink. He should urinate (pee) normally within 24 hours after the procedure. A baby should have six to eight wet diapers in a 24-hour period. An older child should urinate every 6 to 8 hours.

If your child has pain when he urinates, give him more water so he urinates every 2-3 hours. This will dilute the urine and make it hurt less. If your child drinks a lot and pees a lot, he will feel better sooner.

Pain

How can I tell if my child is in pain?

No procedure is pain-free, but it is important for your child to be comfortable so he can heal. If he is older, you can talk to him about his pain and assess his needs. If your child is younger or developmentally delayed, he may moan, whimper, make a face of pain, cry, be irritable, be inactive, not eat, or not sleep. In all cases, you should offer your child comfort and listen to his concerns.

How can I tell if my child needs pain medicine or other medicines?

If your child is experiencing pain, you should give him pain medicine that your doctor ordered. If it is not time for the medicine, try to control the pain in

other ways. Have him watch a favorite show, give him a massage, or play a game. After the first day, a heating pad may offer comfort. If these methods do not work, call your doctor about changing the amount of pain medicine or other medicines. Most children will need the stronger pain medicine for one to two days.

What medicines does my child need?

Give Ibuprofen three times a day for the first 48 hours after the procedure. This is an over-the counter medicine with information about how much to give and how often on the bottle. You do not need to wake your child to keep the schedule. Your doctor may prescribe a stronger medicine (such as Lortab® or Tylenol® with codeine). If this does not seem to be enough, call your doctor's office and speak to the nurse. If you need to call after hours, call the hospital to reach the doctor on call.

Bathing and Showering

When can my child take a bath or shower?

Your child can bathe immediately after the procedure.

Activity

How active can my child be?

For the first day after the procedure, your child should not do any activities that require balance. This is because of the sedation medicines. Activities that require balance include riding a bike, playing on playground equipment, and riding a scooter. After the first day, your child can do activities as he wants. If he is using a narcotic for pain control such as Tylenol with codeine, Lortab, or hydrocodone, he might become sleepy or dizzy. Watch your child and prevent him from falling.

Behavior

What is normal behavior after a procedure?

It is very normal to see behavior changes after the procedure. Your child may act like a younger child (bed wetting or acting out), change his sleeping and eating patterns, or have nightmares. Be patient with him; eventually his behavior will get better. Make sure you comfort your child and help him feel safe. Understand that your child's routine has been upset by the procedure. Most behavior changes last between a few days and two weeks. If the behavior lasts longer than four weeks, call your pediatrician.

How do I call the doctor?

Call the Urology office at 801.662.5555 during office hours, 8:30 a.m. to 4:30 p.m., and speak to the nurse. If the office is closed, call the operator at Primary Children's Medical Center, 801.662.1000, and ask for the Pediatric Urology Resident. The resident can be reached at any time.

When should I call the doctor?

- Your child cannot urinate.
- Your child's temperature increases. Mild fevers after procedures are common. If the fever is above 102 ºF, please call your doctor.
- There is bleeding. Small amounts of bleeding may occur. If there is active bleeding (dripping) from the opening where the urine comes out, place a clean, dry washcloth on the area. If it doesn't stop, call your doctor.
- Your child shows any of the following signs of dehydration: not drinking, dry mouth, less than six to eight wet diapers, lack of tears, soft spot on the top of the head sinking.
- Increase in diarrhea or constipation.
- Increase in pain or inconsolability.
- Signs of chest pain or shortness of breath: GO TO THE EMERGENCY ROOM or CALL 911!

Special Instructions

Watch your child during the ride home. It is okay if he sleeps, but his head and neck should not fall or slump forward, or his airway may become blocked (might not be able to breathe). Your child should be in a child safety seat with proper restraints.

Follow-up Appointment

Please call your child's doctor and make an appointment for him after the procedure.

For further questions, access our Internet site at: www.primarychildrens.com, then click on the Kids Health icon. (A Primary Children's Medical Center partnered online health resource for families.)

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