

## Let's Talk About...

# What is a cystoscopy?

A cystoscopy (sis-TOSS-co-pee) is an exam done in the operating room that looks at the bladder and the urethra (small tube connected to the bladder through which urine leaves the body). If the cystoscopy is combined with a ureteroscopy (you-REE-ter-ah-sco-pee), a healthcare provider also looks at the kidneys and ureters (tubes from the kidneys to the bladder).

## Why does my child need a cystoscopy?

Your child may need a cystoscopy if they have bladder problems like painful urination, frequent wetting (incontinence), or frequent urinary tract infections (UTIs). A cystoscopy can help healthcare providers see what might be causing bladder problems and decide how to treat them.

## What happens during a cystoscopy?

During a cystoscopy, your child will be sedated so they don't feel pain. The healthcare provider inserts the scope (a small tube with a camera) into the urethra and slowly moves it into the bladder to look at the urinary system.

## When can my child go home?

Your child usually goes home the same day. Watch your child carefully during the ride home to make sure their head and neck don't slump forward and close their airway.

## What should I expect after my child's cystoscopy?

Your child may have a mild fever after the cystoscopy. It is normal to have blood in the urine for a few days and up to 2 weeks. It will turn the urine pink or red, and can start and stop during that time period.

## When can my child eat after a cystoscopy?

After your child wakes up from surgery, they can have clear liquids, including an electrolyte drink (such as Pedialyte™), water, apple juice, sports drinks, ice pops, and plain gelatin. These are easily digested. Most babies can take a bottle or breastfeed. Your child may eat a normal diet after being discharged from the hospital. Start with soft, easily digested foods. Avoid high-fat or greasy foods, like hamburgers and pizza, the first 24 hours after surgery.



## What should I do if my child is nauseated or vomits?

After surgery, many children feel nauseated and may vomit in the first 24 hours. This can be caused by medicines during surgery, car movement, or pain medicine after surgery. You can help control nausea by:

- Encouraging your child to lie still
- Offering clear liquids, which are important after surgery to help prevent dehydration
- Slowly offering regular foods over a few days until your child can eat a normal diet

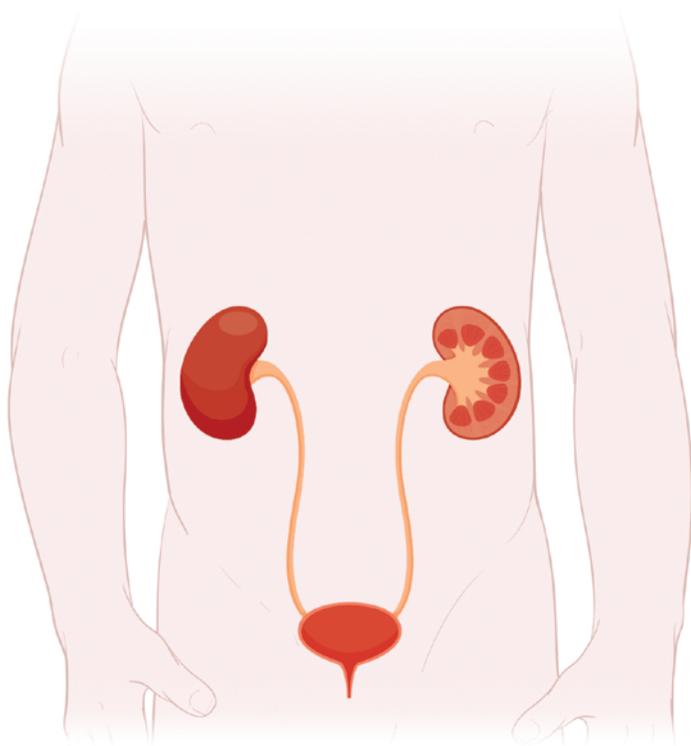
If your child vomits, let their stomach settle for 30–60 minutes and offer clear liquids. If your child vomits for several hours, call their healthcare provider for instructions. It may take 1–2 days before your child is interested in solid foods.

### **What are the signs of dehydration?**

Your child may be low on body fluids (dehydrated) after surgery. Signs of dehydration include:

- Dark yellow urine
- Dry mouth (no spit)
- Chapped lips
- Sinking soft spot on a baby’s head

After surgery, encourage your child to urinate (pee) every 2–3 hours. Usually, normal voiding (peeing) resumes within 24 hours after surgery. A baby should have 6–8 wet diapers within a 24-hour period; an older child should pee every 3–4 hours.



### **How do I help my child manage pain after a cystoscopy?**

To help your child manage pain, comfort them and listen to their concerns. Make your child as comfortable as possible to encourage healing. Talk to an older child about pain levels, and watch for signs of pain in a younger or developmentally delayed child. A child in pain may moan, whimper, make a face of pain, cry, be irritable, be inactive, not eat, or not sleep.

### **What medicine does my child need?**

If your child has pain, give them ibuprofen or acetaminophen (such as Tylenol™) as directed by their surgeon. If it is not time for pain medicine, try other ways to control pain, like watching a favorite show, giving massages, or playing games. After the first day, you can give your child a heating pad. If these methods don’t work, call your child’s healthcare provider.

### **When can my child take a bath or shower after the cystoscopy?**

Your child can bathe immediately after a cystoscopy.

### **What activities should my child avoid after a cystoscopy?**

Anesthesia medicine can affect balance, so don’t let your child do any activities that require balance the first day after surgery. This includes riding a bike, playing on playground equipment, and riding a scooter. After the first day, there are no activity restrictions.

### **What is normal behavior after a cystoscopy?**

It is normal for your child’s behavior to change after surgery. They may act like a younger child (bed wetting or acting out), change their sleeping and eating patterns, or have nightmares. Be patient. Most behavior changes last a few days to 2 weeks. Remember that your child’s routine was upset by surgery and comfort them. If the behavior lasts longer than 4 weeks, call your child’s healthcare provider.

