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## **Cystoscopy +/- Deflux Post-Operative Care**

### **ACTIVITY**

There is no restriction on your child's activity after a cystoscopy. Your child may resume all normal activities. This includes bathing in the tub or showering. If you have any questions about a specific activity, please ask your child's doctor or the urology nurse.

### **DIET**

Before your child is discharged home, he/she should be able to drink clear liquids and keep them down without vomiting. Once your child is able to drink liquids, you may add progressively to his/her diet with:

1. A full liquid meal or "light" meal which includes toast, crackers, soup, or gelatin
2. Regular diet for the remainder of the evening

### **ADDITIONAL INFORMATION**

Your child may experience some burning when urinating and you may see small amounts of blood in the urine after surgery. **This is normal.** This may last for several days. If your child refuses to urinate, place them in a warm tub of water. If your child has not urinated in over 8 hours, please contact our office.

It is not unusual to have a low-grade fever after surgery. If the bleeding, pain, or fever become severe (greater than 101.5° F) or lasts more than 48 hours please notify our office.

To relieve discomfort, encourage your child to drink plenty of fluids. Giving your child a warm tub bath is also helpful for mild burning. You may also give any non-aspirin pain reliever (Tylenol, Motrin) if needed. Please call our office if your child develops pain in the back or flank, especially if accompanied by nausea/vomiting.

**If you have any questions or concerns during regular business hours, please do not hesitate to call the Urology Nurse at (512) 472-6134 extension 2118.**

**During non-business hours, please call (512) 406-3112 and ask to speak to the Urologist on call.**