



## PEDIATRIC UROLOGY

# Home care after cystoscopy

### What to expect

Your child will be able to go home the same day they have surgery. They may have burning or pain when they pee. This may last for up to a day after surgery.

- Some blood in the urine is normal. It should go away in the first day or two after surgery.
- Your child may have a sore throat on the day of surgery.
- Your child may have red marks on their face. This is from tape used during surgery.

### Eating and drinking

- Your child may have an upset stomach or throw up after anesthesia. Start off with things like juices, popsicles, water or ice. If your child is hungry give them a small, light meal. For example, they can try eating toast with no butter, plain rice or applesauce.
- Make sure they are drinking plenty of liquids.

### Activities

- Your child should be very careful walking and doing basic activities for 24 hours after the end of their surgery. This is because having general anesthesia can affect their coordination.
- Older children should not drive, take tests in school or be left alone for 24 hours after the end of surgery.
- Your child should use their car seat, booster seat or seat belt normally. You should not adjust or change anything after surgery.
- You can bathe your child normally after surgery.

### Medication

Your child's doctor will prescribe several medications after this surgery. These may include:

- Pain medications – acetaminophen (Tylenol), ibuprofen (Advil, Motrin) and oxycodone
- Medication for bladder spasms – oxybutynin (Ditropan)
- Antibiotics to prevent infections

Write down what medications you give your child and the time you give them.

If you have leftover medications after your child gets better, please talk with your pharmacist about getting rid of them. **Do not** put them in the sink or flush them down the toilet.

For mild to moderate pain:

Give your child ibuprofen (Advil, Motrin) and acetaminophen (Tylenol). Give one, but not both, every 3 hours. For example, if you give ibuprofen first, give acetaminophen 3 hours later. Then 3 hours later give ibuprofen again. Keep switching back and forth during the day and night as needed.

For severe pain:

The doctor might have prescribed pain medication for your child. Only use it for severe (very bad) pain. Your child may not need this at all. If you think your child has severe pain, but you did not get a prescription for pain medication, please call our office right away.

It is OK to:

- Give pain medications less often or not at all if you think your child is comfortable without medication. Make sure you are writing down the time and name of medications you give.
- Use pain control methods like comforting, breast feeding, bottle feeding, ice packs, distraction and limiting your child's activity.

### **Constipation**

- Your child may be constipated after surgery. They may not have difficulty pooping at all, or they may have small, hard or painful poop. If so, this is from the anesthesia and pain medications.
- If your child is constipated before surgery, you may want to consider giving them:
  - More liquids, unless your doctor tells you not to.
  - More high-fiber foods, such as whole wheat bread.
  - Apple, pear or prune juice to drink.
  - Medications such as MiraLAX or suppositories, if approved by your doctor.

If your child has never taken medications for constipation, talk with your doctor first.

### **Using MyChart for medical information**

MyChart is a way to get your child's medical information online. Please set up a MyChart account for your child as soon as possible, if you do not have one. You need to call our office or go to the front desk during business hours to get an account. It is best to have MyChart set up **before** your child's surgery.

- You can use MyChart to send messages to your child's doctor. You can also send us photos after surgery and ask general questions.
- If you are sending a MyChart message with a photo or an urgent concern, you **must** call our office as well. This lets us know to check the message right away.

## **When to call your doctor**

Call us at **503-494-4808** (8 a.m. – 5 p.m., Monday – Friday) if you have questions, concerns or your child has any of the following:

- **Fever** of 101 degrees or higher
- **Unable to pee**
- **Blood clots** (clumps of blood) in their urine after 24 hours
- **Upset stomach** or throwing up after 24 hours

You may also call us toll free at **1-888-222-6478 and dial extension 4-4808**. After hours and on weekends and holidays, call **503-494-8311** and ask for the pediatric urology doctor on call.