

Cystoscopy Post Operative (Post-Op) Instructions



Your child will go home today. They will need your help to get better after their surgery. Here are some tips to help you take care of them

Pain

It is normal to feel some discomfort from the procedure, especially when they pee for the first few times. Here are some medicines your child can take to help with the pain:

- **Acetaminophen (Tylenol):** You can give Tylenol every 4 hours as needed for pain. Please follow the instructions on the medicine box based on your child's weight.
- **Ibuprofen (Motrin):** You can give Motrin every 6 to 8 hours as needed for pain. It can be given with Tylenol. Follow the instructions on the medicine box based on your child's weight.
- **Acetaminophen with Hydrocodone (Hycet or Norco):** If needed, you can give acetaminophen with Hydrocodone (Hycet or Norco) for the first few days after the procedure. If your child's pain isn't too bad, just give regular Tylenol or Motrin.
Don't give Hycet/Norco and Tylenol together because Hycet/Norco already has Tylenol in it and can cause an overdose. These medicines can cause constipation so your child might need a stool softener like Miralax. This will make it easier for your child to poop.
- **Pyridium:** Pyridium might be prescribed to help with pain when peeing. It can make urine look orange and should only be used for a few days.

Call our office if your child has severe pain that will not go away, even after taking pain medicine.

Dressing

There is no visible dressing.

Antibiotics

- If your child is taking an antibiotic every day, keep giving it until you are told to stop. This helps prevent infection. If there is no infection, we won't prescribe an antibiotic for home. A urine (pee) test is usually sent at the time of surgery. You will be called if a urine test shows a need for antibiotics.

Bladder Spasms

- Your child might have bladder spasms after the surgery. These may come on suddenly and cause a sensation or feeling like:
 - a cramp
 - needing to pee
 - pain at the tip of the penis or in the urethra

Medicine like **Oxybutynin (Ditropan)** might be ordered to help relax the bladder. It can cause side effects like constipation, a red face, or a dry mouth.

Urine Output

It's very common for the urine to be bloody after the surgery, but there shouldn't be large blood clots. It could be as dark as the color of cranberry juice. Your child might pee more often and it might hurt to pee at first. This will get better with time.

Urology

- Encourage your child to drink lots of fluids. More dilute (lighter colored) urine is usually less painful than very concentrated (darker) urine.

Call our office if your child can't pee or there are large blood clots in the urine.

Fever

- A low-grade is normal after going home. Give fluids and Tylenol for fevers below 101 °F (38 °C).

Call our office if your child has a high fever (above 101°F or 38°C) even after giving Tylenol.

Bowel Movements

- Your child should have at least one soft poop per day. Constipation and straining (pushing hard) to poop can make pain worse and increase the amount of blood in the urine. Medicines such as Ditropan and Hycet/Norco can cause constipation.

To help prevent constipation:

- Give Miralax every day unless your child is having diarrhea.
- Give a lot of fluids, juices, and vegetables to soften the poop.

Call our office or your child's pediatrician if they have severe constipation.

Activity

Your child can do quiet activities. These include quiet play, walking, and riding in cars, car seats, or strollers. In general, there are no physical restrictions after this surgery. But your child may want to take it easy for the next week, especially if they need pain medicine.

Bathing

- Your child can take regular showers and baths.

Diet

- Your child can eat normally. Make sure they drink plenty of fluids and don't get constipated. Encourage liquids and fluids, especially if they aren't interested in food.

Call our office if your child keeps throwing up or can't keep fluids down.

After Surgery Visit

Your child will have a follow-up appointment in 4 to 6 weeks. Call (323) 361-2247 to schedule the appointment.

Important Phone Numbers

Urology Clinic	
During Regular Business Hours: <ul style="list-style-type: none"> • Call (323) 361-2247 • Monday to Friday, 8 a.m. to 4:30 p.m. 	During Evenings, Weekends or Holidays: <ul style="list-style-type: none"> • Call (323) 660-2450 • Ask the Operator to page Pediatric Urology on call.

Urology