



UROLOGY OF CENTRAL TEXAS

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 can 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. Please contact our office if your child has not urinated in over 8 hours.

It is not unusual to have a low-grade fever after surgery. If the bleeding, pain or fever becomes 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. If needed, you may also provide any non-aspirin pain reliever (Tylenol or Motrin). 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 103.

During non-business hours, please call 512-406-3112 and ask to speak to the urologist on call.