



Child's Name \_\_\_\_\_

Surgery Date \_\_\_\_\_

# Cystoscopy

## Discharge Instructions for Home

### When will my child be able to go home?

Most children go home the day of surgery. If your child has another medical condition, they may need to stay overnight.

### When may my child eat?

- When fully awake, your child may have clear liquids, like 7UP, Jell-O, Popsicles and apple juice.
- Nausea and throwing up (vomiting) are common after surgery. If this happens, give your child a small amount of clear liquids at a time.
- If your child is not sick to his or her stomach or throwing up and is fully awake, your child may then start his regular diet.
- If your child has persistent nausea or vomiting that lasts more than 24 hours after surgery, you should call our office.

### How do I take care of my child after anesthesia?

- An adult should stay with your child at all times until his or her behavior returns to normal.
- Do not allow activities that require strength and coordination such as driving, swimming, biking or climbing stairs alone for 24 hours.

### What can my child do after surgery?

- Your child may take a shower, take a long tub bath, swim in the pool or swim at the beach **immediately**.

### When can my child return to school?

- Your child may return to school when no longer requiring frequent daytime over-the-counter pain medications.

### Will my child have pain?

- After surgery, your child will have postoperative discomfort. This is normal. Over time, the body will heal itself and the pain will go away.
- Effective pain control will help your child feel better and heal faster. We encourage you to take an active part in your child's recovery. You know your child best.

### What medicines can help relieve my child's pain?

- Acetaminophen and Ibuprofen are common medications to treat pain. Though these are over-the-counter medications you can purchase at your pharmacy, do not underestimate their value.

### What medicines should my child take?

- Your child's health care prescriber recommends these medications:

Acetaminophen

Ibuprofen

Other: \_\_\_\_\_

### When should I start giving my child medication?

- Your child will receive pain medication while in the hospital. This medicine can be through an IV, by mouth or as direct nerve block. Generally these medicines will wear off after about 4-6 hours. Your nurse will help you make a plan to start giving medicine at home.

#### **What other techniques can I use to help my child's pain?**

- In addition to medication, there are other important ways to relieve pain.
- *Distraction*: Take attention away from the pain by guiding your child's imagination through storytelling or by watching TV or movies, blowing bubbles, and/or reading a favorite book.
- *Comforting touch*: Comfort your child in ways that work best for them. Hold, cuddle, swaddle, massage, or rock your child.
- *Ice or heat*: Using ice wrapped in a cloth may ease some pain. Heat is useful for muscle pain and general relaxation. Use a warm heated microwave beanbag, hot water bottle or warm bath once allowed to bath.
- *Positioning*: Allow your child to remain in a position that is comfortable for them.
  - Cradle your baby.
  - Let your older child choose the position.
- *Preparation*: Use honest language and do not tell your child "it won't hurt."

#### **When should I follow up?**

- A follow up appointment will be scheduled for 2-4 weeks after surgery.
- If your follow up has not been scheduled or you do not know the time, please call our office at **860-545-9395**.

#### **When should I call a doctor?**

If your child is having any problems during the day (8:30am-4:30pm Monday – Friday), call our office at **860-545-9395** and ask for the nurse. After hours, call **860-545-9000** and ask the operator for Urology. Call us if your child has any of these warning signs:

- Fever greater than 101.5°F.
- Significant bleeding: blood clots or thick red urine
- Uncontrolled pain
- Problems after anesthesia: nausea or vomiting that will not stop, noisy breathing, refusing to drink more than 8 hours after leaving the hospital.
- Any other questions or any other medical concerns.

**Urology Clinic: 860-545-9395**  
**Urology Surgery Scheduler: 860-545-9674**  
**Main Hospital Number: 860-545-9000**