

Cystoscopy

Discharge instructions

What is a cystoscopy?

A cystoscopy is a procedure to look at the inside of the bladder. The doctor inserts a cystoscope, a thin tube-like instrument, into the bladder.

What can I expect after a cystoscopy?

Most children have very few symptoms after cystoscopy other than mild burning with the first one or two urinations. The urethra and bladder will be irritated for 24 to 48 hours. As a result, your child may:

- hesitate to urinate or urinate often.
- feel stinging or soreness when urinating.
- have pink-tinged urine.
- not be able to hold the urine.
- wet the bed for a few days.

Bladder spasms can occur, caused by the stretching or probing of the bladder. Like muscle spasms, they can be uncomfortable. They may feel like a cramp, or like an urge to urinate, but then only a small dribble or no urine at all comes out. They come and go often, usually last less than a minute, and should decrease within 24 hours.

What can my child eat?

Encourage your child to drink plenty of fluids, and eat Popsicles®, Jell-O®, and soup to dilute the urine, make it less irritating, and to stimulate urination. Starting with a bland meal, your child may go back to his or her regular diet.

How active can my child be?

Healing can take several days. Sitting in a bathtub of warm water (no soap or bubble bath in the water) may also help your child feel more comfortable. Encourage your child to urinate in the water. Your child will usually self restrict activities, if needed. You can expect a return to normal activities within 24 hours.

What else do I need to know?

See your **Patient Discharge Summary** sheet for specific instructions about pain medicines and when to see the surgeon again.

When should I call the doctor?

- child has not urinated in 8 to 10 hours
- painful urination after 48 hours
- bladder spasms that become worse and do not decrease within 24 hours
- fever greater than 102° F (38.8° C)

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call the doctor.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit: www.childrensmn.org/A-Z.

Children's Hospitals and Clinics of Minnesota
Patient/Family Education
2525 Chicago Avenue South
Minneapolis, MN 55404
Last Reviewed 10/2013 ©Copyright