

**Surgical Day Care Unit****Cystoscopy****Discharge information for parents and carers****Introduction**

This leaflet aims to provide you with information to help you care for your child once at home.

Most children appear quite alert and active when they are discharged from hospital. However your child may complain of feeling dizzy or tired. Your child may feel dizzy and unco-ordinated for the next couple of days.

For the next 24 hours

- **you should** encourage your child to rest
- **you should** make sure your child activities are supervised by a responsible adult
- **Do not** let your child ride a bike
- **Do not** let your child take part in outdoor activities
- **Do not** give your child any fizzy drinks
- **Do not** give your child hard to digest food such as chips, burgers.

Your child may complain of having a sore throat, hoarseness or muscle ache following an anaesthetic. You can give your child Paracetamol. **Do not exceed the dosage recommended for your child's age.**

All advice regarding medicines will be given to you when your child is discharged.

What to do if your child starts to vomit

If your child vomits on the way home or when you get home, do not be alarmed. Do not give your child anything to eat or drink for one hour. After that, you can start giving your child a small amount of water or juice. Then gradually start to increase the amount of fluid you give to your child. Once your child can keep fluids down you can begin to give them a light diet.

If the vomiting continues, please contact your GP out of hours telephone number of your nearest Accident & Emergency Department.

What to do when your child goes home

- Your child's urine may be blood stained for the first 24 hours. This is quite normal, but if it continues you should consult your G.P. or contact the hospital on the numbers given overleaf.
- Encourage your child to drink plenty of fluids - but not fizzy drinks

- A warm bath sometimes relieves any discomfort and may help your child to pass urine more comfortably.
- Your child may be reluctant to pass urine, if they not passed urine for 12 hours and are drinking well telephone the hospital for advice.

Who to contact for further information

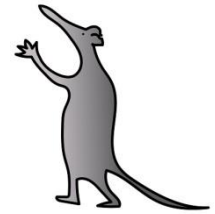
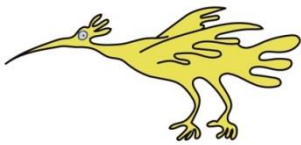
If you are worried about anything, please contact Surgical Day Care Unit

Tel: 0151252 5557 / 0151 282 4509 Monday to Friday between 07.00 – 20.00

If you have any problems at other times, please contact:

Out of hours contact number

Ward 3A 0151 252 5447 24 hours a day, 7 days a week



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

Alder Hey Children's NHS Foundation Trust
Alder Hey
Eaton Road
Liverpool
L12 2AP

Tel: 0151 228 4811
www.alderhey.nhs.uk

