

Cystoscopy/Urethral dilation/DVIU

(Direct visual internal urethrotomy)

What happens during a cystoscopy with dilation or possible DVIU?

A cystoscope is used to look into the inside of the bladder and the urethra (the tube that leads from the bladder to the outside). Your child may also be scheduled for a dilation. This procedure increases the size of the urethra in the area that is too small or narrow. A urethrotomy is an incision of the urethra that will assist in removing urethral scar tissue or plaque to help increase the size of the urethra.

What can I expect after surgery:

- **Diet:** Resume regular diet. Drink plenty of fluids.
- **Activity:** May resume regular activity if no catheter or stent is used. If there is a catheter in place, quiet activity is recommended until it is removed.
- **Bladder emptying:** Encourage regular schedule for voiding. A catheter may be in place after dilatation or incision to the urethra for up to a week or two to allow for healing.
- **Bathing:** Ok to bath as instructed. If a catheter is in place, follow your doctors' recommendations for bathing
- **Bleeding:** Some bleeding may be noted after a cysto with dilation or incision. Drinking plenty of clear liquids is best to help hydrate and keep the urine more diluted
- **Medicine:** Tylenol or Ibuprofen may assist with any discomfort. Your child may be prescribed an antibiotic. If a catheter is in place, medicine might be provided to assist with bladder spasms. Hold the bladder spasm medicine the night before catheter is due to come out.

What to call the surgeon for:

- Large amounts of blood or blood clots in urine
- Fever over 100.5
- Lower belly or side pain
- Nausea or vomiting
- Inability to void (if there is no catheter in place)

We request you contact your child's primary for other concerns

Follow-up care:

Follow-up with your child's surgeon as directed following surgery. Call your surgeon's office at (612) 813-8000 option #3 to schedule an appointment.

Questions? This information is not specific to your child but provides general information. If you have any concerns or further questions, please send a message via the portal or call the clinic at (612)813-8000 option #6 for the Nurse message line.

PSA RN 02/25 rev