

What Is Deflux Injection?

Deflux injection is a way to treat urinary reflux.

Urinary reflux is when the valve that connects the ureter and the bladder does not work well. Normally, urine can only flow one way into the bladder. If the valve does not work well, then the urine can flow the other way back into the ureter. If you would like more information, please see our pamphlet called 'Urinary Reflux.' You can get this from our clinic or on our Family Resource Library website at www.bcchildrens.ca/frl.

Deflux is a substance that is injected around the opening of one or both ureters. This helps to prevent urinary reflux.

How Is a Deflux Injection Given?

A Deflux injection is done through an instrument called a cystoscope (SIS-toh-scope). This is a hollow metal tube with a camera. Your child will be put to sleep under general anesthetic.

How Long Will This Take?

Your child will be admitted for same day surgery. He/she should be able to go home within a few hours after the surgery.

Following surgery, your child:

- Will be able to drink clear fluids when he/she returns to the Daycare Department.
- Will have an intravenous that will be removed as soon as your child drinks well. An intravenous is a way to give your child nutrition and medicine through a vein.
- May have soreness, a burning sensation or discomfort the first couple of times he/she pees (urinates).
- Will get medicine for the discomfort and/or nausea as needed.
- May have slight bleeding or the urine may look pink tinged when he/she urinates.

What Can We Expect At Home?

Discomfort – Your child may complain of discomfort or burning when peeing (urinating). You can give your child Tylenol™. Follow the instructions on the package for your child's age and weight. Do not give your child aspirin.

Nausea – Your children may feel sick to his stomach (nauseated). This is a normal feeling after getting an anesthetic. If your child vomits, you can give him/her a Gravol™ suppository. Follow the instructions on the package for your child's age and weight. If the vomiting continues, go to your nearest Emergency Room Dept, or return to BC Children's Hospital Emergency Room.

Diet – For 4 hrs after the surgery, give your child clear fluids only (water, apple juice, ginger ale, popsicles, and broth). If your child can drink clear fluids without vomiting, he/she may go to a light diet (soup, toast, milk, and cereal).

Your child may go back to a regular diet the day after the surgery.

Activities – Your child can have a bath or shower at any time. He/She can do quiet activities for the rest of the day.

Your child can go back to normal activities the day after the surgery.

Recommendations:

- If your child holds back and refuses to urinate after the surgery, sit him/her in a warm bathtub of water.
- Encourage your child to drink plenty of water/fluids so the urine will be more dilute. Urinating may not be as painful if the urine is not as strong.

Are There Any Problems I Should Watch Out For?

- Your child may have lots of pain in his/her back and hip.
- Your child may refuse to drink enough liquids. Help your child to drink as much as he/she can.
- Your child may continue to have discomfort when he/she pees. If this lasts for more than 24 hours, call the Urology Clinic at 604-875-2734.

Take your child to the nearest Emergency Department or back to BC Children's Hospital Emergency Department if:

- He/she has a fever that lasts for more than 1 day. This could be a sign of infection.
- He/she refuses to urinate for a period of 8 hours after the surgery.

When Can My Child Return to School/Daycare?

Your child can go back the day after the surgery.

Follow-Up

Your child will be seen in the Urology Clinic about 6 weeks after surgery.

If you have any questions or concerns, please call 604-875-2889 and speak with the Urology Nurse Clinician.

If you need to contact the Urology Clinic to schedule a follow-up appointment, call 604-875-2734.

Created by the health care professionals of the Urology Clinic with assistance from the Department of Learning and Development.

BCCH1545 © Nov 2008 BC Children's Hospital

Deflux Injection For Urinary Reflux



An agency of the Provincial
Health Services Authority

4480 Oak Street,
Vancouver BC, V6H 3V4
604-875-2345
1-888-300-3088
www.bcchildrens.ca