**PHASE I**

**Inclusion Criteria**
- Suspected diagnosis of bladder exstrophy

**Exclusion Criteria**
- Suspected diagnosis of cloacal exstrophy

**Prenatal Consultations**
- Urology
- Social Work

**Delivery Recommendations**
- Delivery at any location that is comfortable with bladder exstrophy care
- Provider to provider consultation available

**Family Education**
- Bladder Exstrophy: How to Care for your Child’s Bladder Before Surgery [PE3009](#)
- Bladder Exstrophy [PE174](#)

**Provider Education**
- Outside Provider Goals of Care
- Nursing Guideline of Care [10149](#) (for SCH only)

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If child is stable, no need to transfer until mom can also be discharged.

Go to Neonatal Phase
**PHASE II**

### Inclusion Criteria
- Diagnosis of bladder exstrophy

### Exclusion Criteria
- Age > 12 months
- Cloacal exstrophy

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**Cloacal Exstrophy**
- Will need general surgery involvement for ostomy + bladder plate closure

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**Initial Management**

**Imaging**
- Renal US
- Pelvic xray

**Diet**
- Regular

**Antibiotics**
- None

**Bladder Exstrophy Care**
- Tegaderm over bladder plate in hospital; Tegaderm or Press and Seal at home
- Silk tie on umbilical cord

**Activity Restrictions**
- None

**Nursing Care**
- Nursing Guideline of Care [10149](#) (for SCH only)

**Consultations**
- Urology
- Orthopedics (including Spica tiger brought to family)
- Social work
- Lactation

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**Family Education**

- Bladder Exstrophy: How to Care for your Child’s Bladder Before Surgery [PE3009](#)
- Bladder Exstrophy [PE174](#)
- Latex Allergy [PE001](#)

**Urology Folder**: (Urology NP will give to family)
- Information about the Association for Bladder Exstrophy Community
- Medical Alert ID [PE2417](#)
- Urology Rounds [PE3005](#)
- Bladder Exstrophy: Care After Surgery [PE2910](#)
- Urinary Reflux [PE181](#)

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**Discharge Criteria**
- Teaching complete
- Consults seen
- Follow-up scheduled
- Cleared by Pediatrics

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**Follow-Up Coordination**
- PCP identified and appointment scheduled within 3-7 days of discharge
- Urology clinic visit in 2 months

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*For questions concerning this pathway, contact: BladderExstrophy@seattlechildrens.org*

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PHASE III

Inclusion Criteria
- Diagnosis of bladder extrophy

Exclusion Criteria
- Age > 12 months
- Cloacal extrophy

Timing of Surgery
Elective closure at 4-6 months of age with osteotomy and spica cast

Pre-operative Visits
2 months prior to surgery
- Urology clinic
  - Request iron deficiency anemia screen from pediatrician
2 weeks prior to surgery
- Urology clinic
- Orthopedics clinic
  - Order car seat
- PASS clinic
  - Type and Screen

Outpatient Pre-Operative Management
- Anemia screen, if positive treat and discuss delaying surgery
- Car seat ordered at orthopedic RN visit
- OR team e-mail sent – Urology fellow after Monday AM conference
  - Pre-surgical Overview PowerPoint
  - Full Body Prep instructions
  - Pick lists
  - Huddle time

Infection Control
2 weeks prior to surgery
- Bladder plate culture
  - If positive, treat with 7 days antibiotics to end on the day of surgery, then culture directive perioperative antibiotics
  - If negative, cefazolin only for perioperative antibiotics

Intra Operative Care

Anesthesiologist

Pain control:
- Epidural, TAP or iliac fascial blocks when anatomy permits
- Standing Tylenol post-operatively
- Standing Toradol post-operatively if >6 months and no renal anomalies

Fluids/Lines/Tubes:
- A-line and 2 large Ivs
- Type and cross
- Orogastric tube. Remove at the end of case.
- mIVF on a pump with separate replacement of deficit and blood loss
- Albumin 5% as needed
- Transfusion guide

Infection Control:
- Antibiotics completed 30 minutes prior to incision

Extubation:
- Goal to extubate at end of case

Surgical tech
- Place urinary stents in a container to collect urine
- Monitor and call out urine output for anesthesia
- Open bladder extrophy specific pelvic osteotomy kit

Nursing
- Bladder Exstrophy: Full body prep
- Radiopaque table
- Positioning at end of table
- Fluoroscopy available for osteotomy
- Page Orthopedic surgeon at end of case to place spica
- PACU nurse to petal spica

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**Bladder Exstrophy v1.0: Post-Operative**

**PHASE IV**

**Inclusion Criteria**
- Diagnosis of bladder exstrophy

**Exclusion Criteria**
- Age > 12 months
- Cloacal exstrophy

**Initial Management**

**Family Education**
- Urology Rounds **PE3005**

**Vital signs**
- Standard vital signs per acute care guidelines
- Strict I/O

**Activity**
- Out of bed ad lib
- OK to hold baby

**Fluids/Electrolytes/Nutrition**
- D5 NS@maintenance IV+PO
- CBC, Chem7, Cr/BUN POD1
- Regular diet immediately after surgery

**Medications**
- Pain service consult in PACU
- Oxybutynin TID standing for bladder spasms

**Wound Care**
- Monitor incisions for early signs of infection
- GOC: **Casts including Spica Casts** *(for SCH only)*

**Consults**
- Lactation consultation if nursing or pumping
- Social work

**Infection Control**
- Perioperative antibiotics for 24 hours after surgery
- No prophylaxis while bladder being continuously drained
- Urine culture 2 weeks prior to outpatient planned cast and tube removal
  - If positive, give culture driven antibiotics for 7 days (5 days prior to cystogram / VCUG, 2 days after)
- Antibiotic prophylaxis for vesicoureteral reflux if seen on outpatient VCUG at time of cast removal

**Supplies and teaching** *(care coordination to initiate)*
- Appropriate car seat
- Cather flush
- Petals / Mole skin
- Diapers

**Follow-up Coordination**
- Urology weekly until spica removed
- 6 week visit for catheter and spica removal
  1. Orthopedics clinic visit for spica removal
  2. Radiology:
     - Pelvic X-Ray to evaluate osteotomies
     - Cystogram for bladder integrity; if (-), VCUG for VUR
     - Renal Ultrasound
  3. Urology clinic visit for SPT removal and initiation of prophylactic antibiotics if evidence of VUR on VCUG

**Family Education** *(once stable after surgery)*
- Bladder Exstrophy **PE174**
- Bladder Exstrophy: Care After Surgery **PE2910**

**Discharge Criteria**
- Teaching complete
- Supplies ordered
- Car seat approved
- Follow-up appointments scheduled
- Medically cleared by Urology and Orthopedic surgery

**Supplies and teaching** *(care coordination to initiate)*
- Appropriate car seat
- Cather flush
- Petals / Mole skin
- Diapers

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Laboratory Monitoring

- Check blood gas every hour
- Check CBC and coagulations after osteotomies are complete or if concern for hemodynamic instability
- Consider TXA for high risk patients (i.e., high blood loss expected, malnourished, history of prematurity)
- **50 mg/kg** (maximum 2000 mg) intravenous over 15 min followed by 5 mg/kg/hour continuous I.V. infusion until skin closure

<table>
<thead>
<tr>
<th>Lab Results</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hct &lt; 21 or hemodynamic instability</td>
<td>PRBC 10-15 mL/kg</td>
</tr>
<tr>
<td>Platelets &lt; 100k</td>
<td>Platelets 5 – 10 mL/kg</td>
</tr>
<tr>
<td>Fibrinogen &lt; 150</td>
<td>Cryoprecipitate 2 - 5 mL/kg</td>
</tr>
<tr>
<td>TEG &gt; 10 or INR &gt; 1.5</td>
<td>FFP 10-15 mL/kg</td>
</tr>
</tbody>
</table>
Management of the bladder plate
• The goal is to keep the bladder plate clean and moist
• Tegaderm should be placed over the bladder plate overlapping with the surrounding skin
• Change the tegaderm prn dislodgement or soiling
• Clean the bladder plate with saline flush if soiled
• The child can be bathed but the bladder plate should not be scrubbed

Management of the umbilical stump
• Silk suture should be used for the umbilicus
• This is preferred over the umbi clamp to reduce irritation of the bladder mucosa

Other Considerations
• Provider to provider consultation is available
• If child is stable:
  • No need to transfer until mom can also be discharged
  • Normal diet
  • No antibiotics
  • No activity restrictions
Approved by the CSW Bladder Exstrophy team for May 22, 2018 go-live

CSW Bladder Exstrophy Team:

Medical Staff Services, Owner: Paul Merguerian, MD, MS, FAAP
Medical Staff Services, Owner: Courtney Rowe, MD
Ambulatory Urology Nurse: Jean Dearn, RN
Pharmacy: Jia-Jan Seibel, PharmD
Orthopedics: Elizabeth Sheets, ARNP
Unit Based Educator: Angela Turner, BSN, RN, CPN
Urology: Valerie Nelson, ARNP
Urology: Nicole McMannis, ARNP

Clinical Effectiveness Team:

Consultant: Jean Popalisky, DNP
Project Manager: Asa Herrman
CE Analyst: James Johnson
CIS Informatician: Carlos Villavicencio, MD, MS/MI
CIS Analyst: Julia Hayes, MHIHIM
Librarian: Jackie Morton, MLS
Program Coordinator: Kristyn Simmons

Executive Approval:

Sr. VP, Chief Medical Officer: Mark Del Beccaro, MD
Sr. VP, Chief Nursing Officer: Madlyn Murrey, RN, MN
Surgeon-in-Chief: Bob Sawin, MD


Please cite as:
Evidence Ratings

This pathway was developed through local consensus based on published evidence and expert opinion as part of Clinical Standard Work at Seattle Children's. Pathway teams include representatives from Medical, Subspecialty, and/or Surgical Services, Nursing, Pharmacy, Clinical Effectiveness, and other services as appropriate.

When possible, we used the GRADE method of rating evidence quality. Evidence is first assessed as to whether it is from randomized trial or cohort studies. The rating is then adjusted in the following manner (from: Guyatt G et al. J Clin Epidemiol. 2011;4:383-94.):

- **Quality ratings are downgraded** if studies:
  - Have serious limitations
  - Have inconsistent results
  - If evidence does not directly address clinical questions
  - If estimates are imprecise OR
  - If it is felt that there is substantial publication bias

- **Quality ratings are upgraded** if it is felt that:
  - The effect size is large
  - If studies are designed in a way that confounding would likely underreport the magnitude of the effect OR
  - If a dose-response gradient is evident

Guideline – Recommendation is from a published guideline that used methodology deemed acceptable by the team.

Expert Opinion – Our expert opinion is based on available evidence that does not meet GRADE criteria (for example, case-control studies).
Summary of Version Changes

- **Version 1.0 (05/22/2018):** Go live
Medicine is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in treatment and drug therapy are required.

The authors have checked with sources believed to be reliable in their efforts to provide information that is complete and generally in accord with the standards accepted at the time of publication.

However, in view of the possibility of human error or changes in medical sciences, neither the authors nor Seattle Children's Healthcare System nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information.

Readers should confirm the information contained herein with other sources and are encouraged to consult with their health care provider before making any health care decision.
Search Methods, *Bladder Exstrophy* Clinical Standard Work

Literature searches were conducted in two phases and executed by a medical librarian, Jackie Morton. The initial search in June 2017, targeted synthesized literature on bladder exstrophy, pelvic fixation methods, the use of anticholinergics, transfusion criteria, as well as the use of antibiotics and pain control and surgical recovery. It was executed in Ovid Medline, Cochrane Database of Systematic Reviews, Embase, National Guideline Clearinghouse and TRIP. The second search, in September 2017, was conducted in Medline and Embase to retrieve primary studies, focusing on pelvic fixation methods, transfusion criteria and the use of anticholinergics or any additional studies on bladder exstrophy. All searches were limited to items published in English, from Jan 2007 to date. The team added 3 citations not retrieved with the search strategy scope and limits. Results were exported to RefWorks for system de-duplication, then to Excel for the screening process.

Jackie Morton, MLS
April 30, 2017

Flow diagram adapted from Moher D et al. BMJ 2009;339:bmj.b2535


