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Ureteroscopy Post Op Instructions

After ureteroscopy, there is no skin incision but your urinary tract is very sensitive. You may have pain in your side during urination or urinary frequency. These occur because of the ureteral stent and will resolve after the stent is removed.

Drink lots of fluids! You will see blood in the urine off-and-on until the ureteral stent is removed. This is expected and normal after this procedure. When the urine turns red, limit your activities and drink plenty of fluids. It is normal to experience bladder spasms, flank/back pain, and blood in your urine while the stent remains. Drink plenty of fluids to ensure urine is draining.

Finally, if there is a string on your stent, **DO NOT PULL IT** until the specified date. Minimize wiping. On the specified date, find a comfortable place to sit or in the shower, and pull the string. An approximately 12 inch tube (stent) will come out over the next few seconds, and that's it! This is relatively painless other than an odd sensation. If you do not feel comfortable with this, call the clinic to schedule a nurse visit appointment to have it removed. If it accidentally comes out, you do not need to go to the ER or call the clinic necessarily. Just monitor your symptoms, if you have fever > 101F, severe nausea, vomiting, or severe pain, then call clinic or go to the ER.

DIET

You may return to your normal diet immediately. To keep your urine flowing freely and to avoid constipation, drink plenty of fluids (water, juice, milk) during the day (8 glasses).

ACTIVITY

Your physical activity is to be restricted depending on how you feel and how much blood you see in your urine.

During the first 1-2 weeks use the following guidelines:

1. NO lifting heavy objects.
2. Limit long car rides.
3. NO strenuous exercise, limit stair climbing.
4. NO severe straining during bowel movements – take a laxative if necessary.
5. DO drink plenty of fluids to keep your urine flow brisk. (This will flush out small clots as they continue to form as part of the healing process.)
6. DO keep a urinal near. (You may have little warning before you need to empty your bladder. Some dribbling and poor control is normal for the first several weeks of healing.)

BOWELS

It is important to keep your bowels regular during the post-operative period. You must keep from straining to have a bowel movement. A bowel movement every other day is reasonable. Use a mild laxative if needed and call if you are having problems. MiraLAX and Dulcolax over the counter are good options that you may purchase from any drug store.

MEDICATIONS

You may be instructed on the following medications:

1. Tylenol and Ibuprofen, these medications can be alternated for pain relief if needed
2. Colace (stool softener)
3. Pyridium and/or Oxybutynin (if indicated for urethral irritation or bladder spasms)
4. Antibiotic (if concern for infection)

You should resume your pre-surgery medication unless told not to.

Pyridium, the medication for dysuria, may discolor the urine. Your urine may appear orange or reddish in color. Oxybutynin may be prescribed for bladder spasms caused by the stent.

PROBLEMS YOU SHOULD REPORT OR GO TO ER

- Fevers over 101.5 Fahrenheit.
- Heavy bleeding or clots (See notes above about blood in urine).
- Inability to urinate.

FOLLOW-UP

You will need a follow-up appointment with the doctor who performed your procedure to monitor your progress and to arrange for removal of your stent.