



Wake Forest University Baptist
MEDICAL CENTER®

Urology

Discharge Instructions Following a Percutaneous Stone Extraction

Some patients are sent home with a nephrostomy tube (tube which drains the kidney) while others go home tube-less. If you still have your tube, you will be told whether your tube is to remain capped or open, and you will be provided with drainage bags if it is to be left draining.

1. It is common to have blood in the urine after your surgery. It may be pink or even red; inform your doctor if you have a significant amount of clots in the urine or if you are unable to void at all. Make sure to drink 6-8 glasses of liquids daily.
2. If you begin to leak a significant amount of fluid (or blood) from your back, call your urologist.
3. You may shower, even with a tube in your back; keep the dressing over the tube and change it once you finish showering.
4. You will be given a prescription for pain medication; continue using this as long as your pain persists. As soon as Extra Strength Tylenol is adequate, you can switch to this instead – it is less constipating.
5. You will have a prescription for an antibiotic when you go home. Take these medications as instructed; if you miss one dose, resume taking them on your previous schedule until you have completed the entire course of treatment.
6. Do not drive or perform strenuous activities until your are told to resume this activity by your doctor. You may climb stairs and you may resume sexual activity – be careful not to dislodge your tube if it is still in place.
7. Call your physician if you have a fever over 101°F.
8. Make a follow up appointment with your urologist for the week after discharge.
9. Call your urologist during normal business hours with any other routine questions.