



Wake Forest University Baptist
MEDICAL CENTER[®]

Urology

Discharge Instructions Following Ureteroscopy

Some patients are sent home with a foley catheter (a hollow tube which drains urine from your bladder), while others go home urinating on their own. If you still have a catheter, you will be provided with instructions regarding its care.

It is common to have blood in the urine after your procedure. 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 urinate at all. Be sure to drink plenty of fluids at all times.

1. It is not uncommon to have some burning when you urinate or to even notice some stone fragments in your urine.
2. You may have an internal stent (a hollow tube that runs from the kidney to your bladder) after your procedure, helping the urine to drain down from the kidney to your bladder after your surgery. Some patients do not notice that they have a stent, while others complain of the sensation of needing to urinate frequently, burning on urination, or even some back pain (especially when they go to urinate). These sensations usually improve gradually, some faster than others. This is not uncommon, but may initially warrant the use of pain medication, which you were prescribed. While the stent is in place, your urine may continue to be bloody. Your urologist as an outpatient will remove this stent.
3. Drink at least 6-8 glasses of fluid per day; minimize night-time drinking if this causes you to awaken regularly to urinate
4. You may resume your regular diet and regular medication regimen.
5. You may shower or bathe.
6. 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. If you have severe pain that does not improve with the pain medication or you have persistent vomiting, call your doctor.
7. You will have a prescription for an antibiotic when you go home. Take this medication as instructed; if you miss one dose, resume taking it on your previous schedule until you have completed the entire course of treatment.
8. As you have just underwent general anesthesia, you should refrain from driving, heavy lifting, smoking, alcohol consumption, or important decision

making for the next 24 hours. You may climb stairs and you may resume sexual activity.

9. Call your physician if you have a fever over 101°F.
10. Make a follow up appointment with your urologist when you arrive home (or the next business day).
11. Call your urologist during normal business hours with any other routine questions.