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Post-operative Ureteroscopy Instructions (Kidney or ureteral stone extraction)

Ureteroscopy (with or without stent placement)

The procedure: The procedure is performed by passing a small camera or telescope from your urethra into the bladder and subsequently into your ureter. Once he or she visualizes your stone, it can be either fragmented with a laser or retrieved with either a basket or grasping instrument and removed.

It is often necessary to insert a small plastic tube called a **STENT** into your ureter. This tube allows your ureter to heal and any inflammation to resolve. Stents typically stay in for 5-7 days but can remain in place longer for several reasons.

When you get home:

1. **No driving**
2. **Pain.** You will likely experience some pain. A prescription for pain medication will be given to you upon discharge. It is not unusual to feel similar pains as passing a kidney stone
3. **Increase Fluids.** Drink at least 12 glasses a day
4. **Burning.** Burning with urination is common for the first 24 hours, increasing your fluid intake helps with this.
5. **Nausea.** This can occur secondary to the anesthesia. Rest and increased fluid intake can help
6. **Antibiotics.** You may need to continue antibiotics for a few days after your procedure. This will be determined by your doctor prior to your discharge.

What will happen with a STENT?

1. **Frequency.** You may need to urinate several times an hour. This occurs due to the stent extending down your ureter into your bladder. Increasing your fluid as much as possible as well as resting will decrease this. If unbearable, call your physician.
2. **Dark Brown Urine.** A Stent may cause your urine to appear dark brown in color. This is nothing to be concerned with unless it is accompanied by fever, pain or very cloudy urine. **DRINK LOTS OF FLUIDS**
3. **Blood.** Blood in the urine is very common. This is normal. Resting will help decrease the amount of blood in your urine.
4. **Burning.** Burning with urination is common until the stent is removed. Your physician will give you a prescription for pyridium. Continue this medication until your stent is removed. The medication causes your urine to appear orange in color.
5. **A String.** At times your physician may leave a thin black string at the end of your stent to allow for easy removal in the office. It may be taped to your groin area. **DO NOT TOUCH OR PULL ON IT.** Re-tape it as needed.



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Call your physician for the following:

1. **Fever** – temperature greater than 101 F
2. **Severe Back pain**
3. **Vomiting**
4. **Clots in the urine**
5. **Unable to urinate or change in the amount of urine**