

EL CAMINO UROLOGY MEDICAL GROUP, INC.

A Division of USNC

Larry H. Kretchmar, M.D., F.A.C.S.
Sari R. Levine, M.D., F.A.C.S.
Frank C. Lai, M.D., F.A.C.S.
Edward Karpman, M.D., F.A.C.S.
Wesley G. Kong, M.D., F.A.C.S.

2490 Hospital Drive, Suite 210
Mountain View, CA 94040
Tel: 650-962-4662
Fax: 650-962-4652

URETEROSCOPY AND CYSTOLITHOLAPAXY WITH HOLMIUM LASER Discharge Instructions

PAIN:

Moderate amount of back or side discomfort after the procedure is common. You can expect the pain to subside within 48 hours, though mild soreness may persist for up to two weeks. You may experience some pain when passing stone fragments. If you have pain that is not adequately controlled by your oral pain medicine, please contact your urologist. Your physician will usually give you a prescription for pain medication. Please take medications as instructed.

BLOOD IN THE URINE:

After the procedure, most patients will see blood and/or clots in their urine. This will resolve with time and is helped by drinking plenty of water. The urine can look quite red even with a very small amount of blood in it. **If** you have a ureteral stent in place, you can expect to have blood in the urine intermittently until the stent is removed. Increased physical activity may increase the amount of blood in the urine.

URINATION:

If you have a ureteral stent placed to help with the passage of stone fragments, you may feel the urge to urinate frequently and in small amounts. This is associated with back discomfort. If you have difficulty urinating after anesthesia, relaxing in warm bath water may help you to void. If you cannot urinate or feel distended, you should contact your urologist or go to the emergency room.

NAUSEA AND VOMITING:

It is common to have some nausea and occasional vomiting for the first 12 to 24 hours after the procedure. If you cannot keep fluids down and continue to vomit the day after the procedure, you should contact your physician.

WHAT TO EAT AND DRINK:

Drink plenty of fluids (at least six, 8-ounce glasses) after the procedure. If you are nauseated, clear fluids such as water, 7-up, ginger ale, Gatorade, and chicken broth are best. You may resume your usual diet if you are not nauseated.

STONE FRAGMENTS:

You may be given a urine strainer and a container to collect stone fragments after leaving the hospital. Try your best to strain and collect some stone fragments so that you may bring them to your physician's office for chemical analysis.

If you experience fever above 101 degrees Fahrenheit, severe pain not controlled by oral pain medication, persistent vomiting 24 hours after the procedure, or if you experience inability to urinate, please contact your urologist.

One to two days after the procedure, please schedule a postoperative visit with your urologist if an appointment has not been already scheduled.