

# Cystolitholapaxy

## postoperative instructions

### What is it?

Cystolitholapaxy is a minimally invasive procedure to break bladder stones into smaller pieces for easy removal.

### After surgery, what should I expect?

When you awake from surgery, you may have a catheter in place. This will remain in for up to two days after surgery. Expect to experience urinary frequency, burning during urination and blood in the urine.

- Red/pink urine is not uncommon the first few days after surgery. Your urine should not be bright red, look like tomato juice or have clots.

### Diet and activity after surgery

- After surgery you will be given clear liquids such as broth, juices or gelatin. As you are able to tolerate it, you will return to a regular diet.
- Abdominal distention, constipation or bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Ducolax suppository. Do not strain during your bowel during movement.
- You will be asked to walk soon after surgery to return circulation, breathing and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- Walk at least three times a day, gradually increasing your distance.
- You may shower after surgery.
- Pink-tinted urine is not unusual.

### If you experience any of the following, please contact our office:

- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine.
- Blood clots in urine.

**Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.**

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