Ureteroscopy
postoperative instructions

What is it?

Ureteroscopy is a surgical procedure in which the surgeon passes a thin, lighted tube with a camera on the end into the ureter (tube that carries urine from the kidney to the bladder) and kidney. This is usually done to break up and remove a stone. The surgeon may place a stent (a hollow plastic tube that stretches from the kidney down to the bladder).

After surgery, what should I expect?

No stitches or sutures are used in this surgery, so there will be no dressing to worry about. Do not drive or operate heavy machinery the day of the procedure as it takes a while for the anesthesia to wear off. You may have a ureteral stent placed to allow the kidney to drain until any internal inflammation decreases. Your stent may remain in place up to two weeks.

- Pink-red urine is not uncommon after this procedure.
- Sometimes patients also feel back discomfort or bladder irritability and spasms. The spasms may occur during the duration of having a stent in place.
- You may pass stone debris or small blood clots. If a string is left on the stent, you may see the end of it at your urethral opening. Be careful not to dislodge.

Diet and activity after surgery

- Your diet can return to normal immediately following the procedure. We do recommend limiting caffeine, alcohol and spicy food to help minimize bladder irritability.
- Abdominal distention, constipation or bloating: Take a stool softener as directed. If you still have no movement after 24 hours, it is safe to use a Ducolax suppository. Do not strain during your bowel movements.
- Take it easy the day of the procedure. Minimizing activity may decrease back discomfort when a stent is in place. Avoid sexual activity when the stent is in place.
- Walk at least three times a day, gradually increasing your distance.
- You may shower as soon as you feel stable.

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

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

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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