



Ureteroscopy Post-Operative Instructions

Ureteroscopy

After a Ureteroscopy (bladder and kidney exam) you may experience one or all of the following:

1. Burning with urination for a day or two.
2. Small amount of blood, pink-tinged urine, or possibly small blood clots for a day or two.
3. A feeling of urgency or the need to urinate but no urine comes out.

The above are normal and will pass. Be sure to drink plenty of fluids after the exam for 24 hours.

If any of the following occur, please call your doctor:

1. Burning with urination that worsens or continues more than 24 hours.
2. Passage of large amounts of blood or clots.
3. Inability to urinate for 3-4 hours.

Your physician may have placed a ureteral stent during your procedure. A stent is a thin hollow tube that is used to hold your ureter, (the tube from your kidney to your bladder), open to allow urine to flow through freely. The length of time the stent will remain in place depends on the diagnosis and procedure you had.

Things to remember – these are NORMAL:

- You may have increased urinary frequency and urgency. This can be explained as the feeling that you need to go more often, even though very little comes out.
- You may have some bladder irritation from the stent which can cause blood in your urine. You can expect to have either pink or light cherry in color. This may come and go while you have the stent in place.
- You may experience pain in your pelvic area and/or back from the stents. Please remember to take your pain medication as directed to assist with this.
- Pain in your side, especially when you urinate, as well as pain at the end of urination, is NORMAL and to be expected.
- Increase fluids unless you are on a fluid restriction diet.
- You may see a string or a thread outside your body. Do NOT pull on this string as it is attached to the stent. If you happen to accidentally pull this string or see/feel part of the stent coming out, you can pull it out the rest of the way. Please call during normal business hours to inform the nurse that your stent is now out, at that time they will determine if you need an appointment to be seen.
- When your stent is removed – it is NORMAL to have bladder spasms for 24 to 48 hours afterwards.

How to decrease your discomfort and pain:

- *Pain Medication* – Please take as prescribed. If you feel you do not need to take a narcotic, you can take extra strength acetaminophen. Do not take your pain medication

What to Expect When You Have a Ureteral Stent

A ureteral stent has been placed by your physician during your procedure. A stent is a thin hollow tube that is used to hold your ureter, (the tube from your kidney to your bladder), open to allow urine to flow through freely. The length of time the stent will remain in place depends on the diagnosis and procedure that you have had.

Things to remember—these are normal:

- You may have increased urinary frequency and urgency. This can be explained as the feeling that you need to go more often, even though very little comes out.
- You may have some bladder irritation from the stent which can cause blood in your urine. You can expect to have either pink or light cherry in color. This may come and go while you have the stent in place.
- You may experience pain in your pelvic area and/or back from the stents. Please remember to take your pain medication as directed to assist with this.
- Pain in your side, especially when you urinate, as well as pain at the end of urination, is normal and to be expected.
- Increase fluids unless you are on a fluid restricted diet.
- You may see a string or a thread outside your body. Do not pull on this string as it is attached to the stent. If you happen to accidentally pull this string or see/feel part of the stent coming out, you can pull it out the rest of the way. Please call during normal business hours to inform the nurse that your stent is now out, at that time they will determine if you need an appointment to be seen.
- When your stent is removed—it is normal to have bladder spasms for 24 to 48 hours afterwards.

How to decrease your discomfort and pain:

- **Pain Medications**—Please take as prescribed. If you feel you do not need to take a narcotic, you can take extra strength acetaminophen. Do not take your pain medication and acetaminophen together as your pain medication may contain acetaminophen already.
- **Heat**—using a hot water bottle or heating pad may help to reduce pain
- **Warm tub soaks**—taking warm tub soaks may help to reduce pain.

When to call your physician:

- Develop chills or fever of 101°F or greater
- Develop nausea and vomiting and are unable to drink fluids
- After following the directions of your pain medication, the pain continues or gets worse, and you have tried the alternative treatments above
- Constant leakage of urine that was not present before surgery
- Trouble or inability to urinate
- Symptoms of a urinary tract infection such as: cloudy urine, foul smelling urine, unable to urinate

At night and on weekends there is always a Virginia Urology physician available. You can reach the doctor by