

Pyeloplasty

Pyeloplasty is a type of surgery to repair a blockage where the ureter connects to the kidney. This area is known as the ur-e-ter-o-pel-vic junction (UPJ). After the blockage is removed and the ureter is repaired, a small tube called a stent is left in place to aid healing. This surgery can be done by laparoscope or through a larger incision.

Getting Ready for Surgery

You will need to a bowel prep before surgery. We will talk with you about this and give you details while you are in clinic.

The Day Before Surgery

- Eat a light breakfast and lunch, avoid greasy foods and red meat.
- Drink only clear liquids after lunch until midnight (no limit on amount).
 - Water
 - Broth
 - Juice without pulp (apple, cranberry, grape)
 - Popsicles
 - Hard candy, no chocolate
 - Clear Jell-O[®], homemade, not premade, (no fruit, etc. in it)
 - Sparkling water or soda
 - Weak coffee or tea, **no creamer**
 - Gatorade[®] or sport-type drink
 - Boost Breeze[®]/Resource[®]
- After lunch, do not eat solid food, or drink juice with pulp, dairy products or alcohol.
- _____ At 2:00 pm drink **magnesium citrate** 10 oz. (1 bottle; any flavor). Drink 1 liter of a sport-type drink with electrolytes, before midnight. You may drink as much clear liquid as you wish until midnight. **Do not eat or drink after midnight.**

- Shower before bed with antibacterial soap.

Day of Surgery

Shower with the antibacterial soap before you leave for the hospital.

After Surgery

- You will be in the hospital for 2-3 days.
- You will go home with the stent in place. This is the same type of stent you had before surgery. The stent will stay in for 4-6 weeks. You will be on antibiotics during this time.
- You may have blood in your urine. This is normal.

Incision Care

You may shower once you are home. Do not soak in a hot tub, bathtub, or swim until it is healed. This may be at least 2 weeks.

Wear a bandage if your incision is draining, rubbing on your clothes, or is in a skin fold. Change the bandage at least once each day. Change it more often if it gets wet. Do not use lotion, powder, or ointment on your incision.

Look at your incision daily. If you notice signs of infection call your doctor.

- Increasing redness or warmth
- Pus-like drainage or blood
- Increased swelling
- Fever by mouth above 100.5°F for 2 readings, taken 4 hours apart

Pain

You may have pain for 1-3 weeks. We will prescribe pain pills for you.

Diet

You will go home on a regular diet. It is important to drink plenty of fluids, 8-10 (8 oz.) glasses a day. A diet with enough fiber and water may prevent constipation.

Activity

- Do not lift more than 10 pounds for 4 weeks.
- Avoid strenuous activity until okayed by your doctor.
- You may drive after 2 weeks.
- Talk to your urology doctor before going back to work.

Follow-Up

You will have a follow-up visit in about 4-6 weeks. Your stent will be taken out at this visit.

When to Call

- Fever greater than 100.5° F by mouth for 2 readings,
 - taken 4 hours apart
- Pain not controlled by pain pills
- Nausea or vomiting that does not go away
- Low amount of urine or trouble passing urine
- Severe burning with urination
- Bloody urine that you cannot see through or large blood clots
- Redness or warmth at your incision that is getting worse
- Pus or excess blood from the incision(s)
- If you have not had a bowel movement 3-4 days after surgery

Who to Call

UW Health Urology
608-263-4757

UW Health at The American Center
Urology
608-440-6464

UW Health One South Park Urology
608-287-2900

After hours, nights, weekends, and holidays, the clinic number is answered by the paging operator. Ask for the urology doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

The toll-free number is: **1-844-607-4800**.

Your urology doctor is _____.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6348