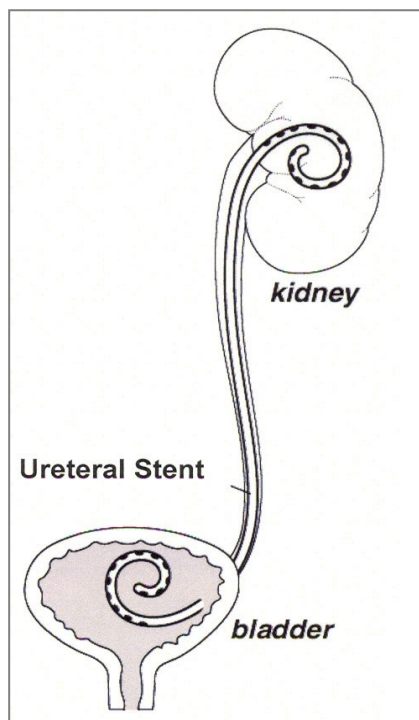


Ureteroscopy and Laser Lithotripsy

Ureteroscopy involves putting a small scope into your ureter (the passage from the bladder to the kidney) through the bladder. We use this procedure to remove and break up urinary stones. You will have general anesthesia or spinal anesthesia.

Because this can cause swelling in the ureter, we may leave a ureteral stent in place for one week. This stent is a small hollow tube between the kidney and the bladder to keep urine flowing. You may need to return to the doctor's office to have the stent removed. You will likely have it removed in the clinic with local anesthesia.



The Night Before Surgery

Shower with the antibacterial soap (Hibiclens).

The Day of Surgery

Shower again with the antibacterial soap, before you come in for surgery.

Going Home

Diet

Resume your normal diet. Drink at least 8 (8 oz) glasses of fluid daily. If you urinate often, decrease your fluid intake after dinner.

Activity

- You may shower or bathe daily.
- Avoid strenuous activity and exercise until approved by your doctor.
- You may resume stair climbing and walking.
- You may resume sex.

Medicine

If we prescribed an antibiotic, take all of it. We will prescribe pain medicine. Follow the instructions for taking the medicine.

Urination

We may have sent you home with a ureteral stent. We placed this tube to help pass the stone pieces. It may cause you to feel like you have to urinate often or may cause a burning feeling in the bladder. These feelings will get better with time. You may also still have blood in your urine.

Follow-Up Care

Do not miss or delay your follow-up visit.

When to Call

- Unable to pass urine
- Large blood clots in the urine
- Severe pain not relieved by pain medicine
- Cloudy or foul-smelling urine
- Red or bloody urine after 3 days
- Fever over 100.5° F by mouth

Your doctor is _____

Who to Call

Urology Clinic

(608) 263-4757 or 1-800-323-8942

After hours, nights, weekends, and holidays, your call will be sent to the paging operator. Ask for the urology doctor on call. Give your full name and phone number with the area code. The doctor will call you back.

Your medical record number is _____

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

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 © 3/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#5074