



Post Operative Endoscopic Surgery Instructions

Stent Placement. Ureteroscopy. Cystoscopy. Laser Lithotripsy. Lithotripsy. Meatotomy.

Please read the following instructions. They are intended to make your recovery as quick and complete as possible.

ACTIVITY – *After resting for the first 48 hours*, we encourage you to resume normal activity as tolerated. If you had this procedure to treat stones, resuming normal activity will aide in passing stone fragments. Avoid heavy lifting and exercise for one week.

FLUIDS – It is important that you stay well hydrated. If you had this procedure for stones, drinking extra water can help stone fragments to pass more quickly. Try to drink 1 glass of water every other hour. This will help to dilute your urine and keep your urinary system clear.

URINE – You may have blood in your urine and you can expect burning, pressure and/or pain upon urination and urinary frequency for several days or may persist while the stent is in place. This should clear with increasing your fluid intake. If you had this procedure for stones, strain all of your urine. Bring the collected fragments to your follow up visit.

MEDICATIONS – Take prescribed medication as directed. Be sure to take a stool softener if you have a history of constipation. You should limit your narcotic pain medication use after the first 2-3 days. Motrin can be used after 48 hours post procedure in place of narcotic pain medication. Take all of your normal medication unless otherwise instructed (for example: do not restart blood thinning medication unless you have spoken to the surgeon first).

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NOTIFY YOUR UROLOGIST IF: (908) 751-5939

1. You have thick, excessive, bright red blood in your urine.
2. You have pain and/or nausea that is not relieved by your prescription.
3. You have a temperature above 100.5.

Your follow up appointment is:

(Schedule for 7-10 days post procedure)