

## **PERI-OPERATIVE SERVICES**

### **Post-Operative Instructions following Ureteroscopy with or without a Ureteric Stent Insertion**

Ureteroscopy is a procedure that uses a scope to view the kidneys and ureters. It is most often performed to remove stones in the kidney and ureter. The ureters are tubes that drain urine from each kidney into the bladder.

A stent is a thin plastic tube that sits within the ureter. It allows the ureter to heal following the ureteroscopy. A ureteric stent may be required to relieve an obstruction or assist with kidney drainage. A stent is not permanent and can be left in place for up to several months. **Your Surgeon will book an appointment with you to have the stent removed.**

#### **WHAT TO EXPECT:**

Pain in the flank or bladder area, burning during urination and blood in the urine are common for several days after a ureteroscopy or if a stent was inserted. To ease these symptoms drink plenty of fluids and empty your bladder frequently. These symptoms will resolve after the stent is removed. If the procedure was performed for removal of stones, small stone fragments may be seen in the urine.

#### **PAIN:**

After your procedure, you may have mild to moderate pain. It can be well controlled with Tylenol™, Ibuprofen or your prescription. Please take as instructed.

#### **ACTIVITY:**

Symptoms of discomfort may increase with physical activity and are related to irritation from the stent. Avoid strenuous physical activity while a ureteric stent is in place. Resume all your usual activities within a few days.



**PLEASE SEE OVER**



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**DIET:**

Include extra fiber and fluids in your diet to help prevent constipation. Examples of extra fiber include fruits, vegetables, salads, bran and whole wheat products.

**ADDITIONAL INFORMATION:**

Call your Surgeon or go to the nearest Emergency Department if you have any of the following complaints:

- You have a fever (oral temperature more than 38° C or 100.4°F)
- Difficulty urinating and or development of continuous urinary leakage
- Pain not managed by your medication

**FOLLOW UP:**

You will be advised to make a follow up appointment with the Surgeon to discuss stent removal and further treatments, if applicable.

Please contact your Urologist's/Surgeon's office within the next week to arrange for a follow up appointment in \_\_\_\_\_ weeks/months.

Date of Ureteroscopy: \_\_\_\_\_