Preoperative/Postoperative Instructions for Ureteroscopy Patients

Day Before Surgery -

• You may have a regular diet until midnight.
• Do not eat or drink anything after midnight.

Day of Surgery (Before surgery)-

• Report to day surgery (Family Surgical Waiting Room, 1st Floor, STC), at the prearranged appointment time.
• Leave valuables at home, but bring any comfort items as you see fit.
• Do not eat or drink anything (if you have been asked to take medications on the morning of surgery, you may do so with a small sip of water).
• An IV will be placed in the preoperative area.

Day of Surgery (After Surgery)-

• Your diet will be advanced as tolerated.
• Take at least three deep breaths and cough every two hours for the next few days.
• Depending your procedure, a catheter may remain in your bladder to drain your urine.
• Your urine may have some blood. Drink plenty of fluids to keep your urine clear (10-12 cups of water/day).
• You may have a ureteral stent. If present, this must be removed as directed by your surgeon. If you do not know if you have one, ask your surgeon.
• You may experience burning with urination and bladder discomfort or a sensation of fullness. Medicines will be prescribed to help with these symptoms.
• Notify your nurse or surgeon if you are experiencing excessive bleeding, temperature above 101, severe pain or the inability to void.
• Your nurse will provide you with follow-up instructions.
• Some patients may be admitted for observation.
• You may perform limited/non-strenuous activities as tolerated until released by your physician.

After Discharge: Your return appointment is ____________________________

Desk: 3A (254-724-2577)

• You may go home with prescriptions for pain, burning, bladder spasms, antibiotics.
• You may resume your normal diet, high in fiber (fruits and vegetables).
• Drink 10 glasses of water daily.
• Walk 4 times daily.
• Continue foot pumping exercises while sitting.
• No heavy lifting over 10 lbs. for 6 weeks.
• No driving for at least 24 hours and not taking narcotic pain medication.
• Call the clinic for any fever over 101 F, increased pain, nausea/vomiting, increasing voiding difficulties, increasing blood or clots in the urine, or other concerns.

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