



## SURGERY CENTER

Phone: (224) 612-7000

# CYSTOLITHOLAPAXY DISCHARGE INSTRUCTIONS

### WHAT TO EXPECT

- Blood in the urine, mild burning on urination, increased urgency and frequency to urinate are normal. These symptoms typically improve within 72 hours.
- Blood in the urine can persist on/off for several weeks while your body passes stone fragments.
- Stone fragments take several days (if not weeks) for your body to pass. Strain your urine at home with the strainer provided. If you pass a piece of the stone, place them in the specimen cup we give you.

### ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after surgery.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) until blood in urine clears.
- Please consult your doctor on when you can resume sexual activity.

### DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week. This will help clear up your urine quicker and prevent blood clots.

### MEDICATIONS

- Take Tylenol (500 mg every 6 hours) as directed for any pain or discomfort.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.
- If you were prescribed Flomax (Tamsulosin), please take nightly to pass the stone fragments. This can cause some light headedness and blurry vision. If you experience side effects, it is ok to stop taking.

**CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:**



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1. Fever greater than 100.6, severe chills, continued nausea or vomiting
2. Severe pain that doesn't go away with pain medication
3. Increasing amount of blood in your urine or very large blood clots
4. Inability to urinate

### FOLLOW UP

- Call your doctor's office to schedule a follow-up appointment (if not already scheduled).
- If you catch any stone fragments at home with the strainer provided, bring to your appointment.

**\*If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

*Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.*