UROPARTNERS SURGERY CENTER

URETEROSCOPIC KIDNEY STONE REMOVAL

Phone: (224) 612-7000

WHAT TO EXPECT

• Blood in the urine, mild burning on urination, increased urgency and frequency to urinate are normal symptoms after surgery. These typically improve within 72 hours.

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 the 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.

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

- 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

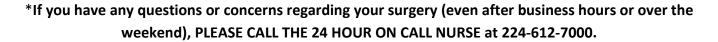
FOLLOW-UP

• Call your doctor's office to schedule a follow up appointment (if not already scheduled).



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