Ureteroscopy and Laser Lithotripsy

Ureteroscopy involves putting a small scope into your ureter (the passage from the bladder to the kidney) through the bladder. This procedure is done to remove and break up urinary stones. It is usually performed under general anesthesia or spinal anesthesia. Because the handling of the ureter can cause swelling, a very small tube (ureteral stent) may be left in place for several days. A stent is a small hollow tube which is placed from the kidney to the bladder to keep urine flowing. You may need to return to the doctor’s office to have the stent removed. This is usually an outpatient procedure.

The Night Before Surgery:
- Shower with the antibacterial soap (Hibiclens) as directed.

The Day of Surgery:
- Shower again with the antibacterial soap, before you come in for surgery.

Discharge Instructions Following the Procedure

Diet
- Resume your usual eating habits.
- Drink at least 6-8 (8 oz) glasses of fluid daily. If you have urinary frequency, decrease your fluid intake after dinner.

Activity
- You may shower or bathe daily.
- Avoid strenuous activity and exercise until you receive permission from your doctor during your first office visit following surgery.
- You may resume stair climbing and walking.
- You may resume sexual relations.

Medicine
- If an antibiotic is prescribed, take all of it.
- Pain medicine will be prescribed for you. Be sure to follow the instructions for taking the medicine.
Urination
- You may have been discharged with a ureteral stent. This tube was placed to help the passage of stone pieces. It may cause you to feel like you have to urinate often or may cause a burning sensation in the bladder. These feelings will lessen with time. You may also continue to have blood in your urine.

Follow-Up Care
You will have a follow-up appointment. If you have a stent, it is very important that you not miss or delay your follow-up visit.

When to Call the Doctor
Call the doctor if you notice any of the following signs:
- Unable to pass urine
- Large blood clots in the urine
- Severe pain not relieved by pain medicine
- Cloudy or foul smelling urine
- Red or bloody urine after 3 days
- Fever over 100.5° F by mouth

Your urologist__________________________________

Phone Numbers
Urology Clinic (608) 263-4757 – 24 hours

After hours, nights, weekends, and holidays, call (608) 262-0486. This is the message center. Ask for the urology doctor on call. Give the operator your full name and phone number with the area code. The doctor will call you back.

If you live out of the area, please call 1-800-323-8942

Your Medical Record Number is ________________________________

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©3/2017. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#5074