

URS/ Laser Lithotripsy/ Stent 101

Hello!

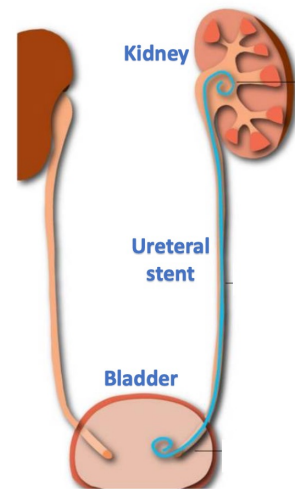
We are sorry you are in the hospital, but glad to have you here with us. Due to your symptoms, you had a CT scan which shows you have a kidney stone that is likely blocking one of your kidneys. As a result, you have been scheduled for surgery.

Prior to Surgery

- Your surgeon will meet you in the pre-operative area before surgery, review your CT, discuss the surgery, and sign consent.
- No eating or drinking after midnight prior to your procedure.

During Surgery

- Your procedure requires 1-3 hours of **general anesthesia**.
- The procedure takes place through your bladder into the kidney. **There are no incisions.**
- You may have a **stent** at the end of surgery. The stent may be attached to a string at the end of your urethra. If so, he/she will instruct you or a family member when it can be removed.



After Surgery

- You may experience (1) pain with urination, (2) stent discomfort, (3) blood in the urine, (4) bladder spasms, (5) urinary frequency, among others. Your doctor may prescribe:
 - ✓ **Phenazopyridine:** to help with pain with urination. Turns urine orange.
 - ✓ **Flomax:** to prevent stent discomfort. To be taken nightly at bedtime
 - ✓ **Oxybutynin:** to prevent bladder spasms. Can cause inability to urinate.
 - ✓ **Colace:** to prevent constipation
 - ✓ **Antibiotics:** to prevent a urinary tract infection
- **Pain:** you can take Tylenol 650mg every 6 hours and alternate with ibuprofen 200mg with food (depending on your kidney function).
- Your stent can be removed at home (if on a string) or in clinic in 4-8 weeks.
- Please call our office/ send MyChart message if you have any questions!



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Discharge Instructions

Pain	You may experience some pain or discomfort postoperatively. You may take medications noted above.
Blood thinners	If you take aspirin 81mg (ASA) and/or any other blood thinners, you may restart the ASA 48 hours after surgery as long as your urine is clearing. Please discuss with your surgeon and/or physician prescribing the medication.
Activity	No heavy lifting for 48 hours. Otherwise may resume normal activity day after surgery.
Diet	Increase water intake, less salt. Otherwise, may resume normal diet.
Driving	May resume driving once you are no longer taking pain medications.
School/Work	May return to work/school day one or two days after surgery.
Intercourse	Please refrain from intercourse for 48 hours or if stent is on a string.
Expectations	Pain with urination & blood in urine should improve up to one week after surgery.
When to call	If you develop fevers or chills, please go to your nearest ER or urgent care . If nonurgent, please feel free to call our office.

➤ **You will be scheduled for follow-up for:**

- Stent removal appointment (if you do not remove it yourself)
- Appointment in ~3 months to review (a) stone prevention techniques, (b) possible stone analysis, and (c) renal ultrasound if requested. Please call (954)276-5500 to schedule renal ultrasound in 2-3 months after stent removal.

*You may experience UTI symptoms
(frequency, burning, blood in the urine, bladder spasms)
or persistent flank pain from the procedure.
This can be a result of the stent and is normal!*

