

Home Care After Cystoscopy or Ureteroscopy and Ureteral Stent Placement

The following instructions will help you care for yourself, upon your return home today. These are guidelines for your care right after surgery only.

Diet

Drink plenty of liquids and eat light meals today.
Start your regular diet tomorrow.

Activity

Start normal activities in twenty-four (24) hours.

Wound Care and Hygiene

No restrictions.

Anesthesia Precautions & Expectations

After anesthesia, rest for 24 hours.

Do not drive, drink alcoholic beverages or make any important decisions during this time.

General anesthesia may cause a sore throat, jaw discomfort or muscle aches.

These symptoms can last for one or two days.

What to Expect after Surgery

Mild pain or burning with voiding.

Frequency or urgency.

Bladder cramps.

Minimal bleeding with voiding.

Medications

- You have been prescribed Flomax. This medication will help with the passage of small stone fragments and pain from a stent if one is left in place.
- If you have been prescribed oxybutynin, take as needed for bladder spasms from a ureteral stent if one is left in place.
- Take OTC Tylenol and Motrin for pain to reduce swelling in your urinary tract. Alternate these two medications every 3 hours.
- If prescribed Pyridium, take this as needed for burning with urination. This medication will turn your urine orange.
- Take the prescribed antibiotic on the day of your appointment for ureteral stent removal if you are getting your stent removed in clinic.
- If still having discomfort postoperatively, please call the office.

Call your Doctor

Passing clots (dime sized) in your urine preventing bladder emptying.

Severe pain not controlled by oral medication.

Temperature above 101 degrees.

Inability to urinate within eight (8) hours after surgery.

After Ureteral Stent Placement

-It is common to have blood-tinged urine with the ureteral stent.

-It is common to have urgency with urination.

-Try not to push too much when you urinate or have a bowel movement, as this can send urine up your stent and cause kidney pain.

- Do not hold your urine too long, as pee can travel back up your stent and cause kidney pain.
- This is a temporary stent and will either need to be pulled at the next appointment in clinic or at home in 3-5 days if your ureteral stent was left on a string.
- In order to remove the ureteral stent (if left on a string), you should remove any adhesive securing the stent string and pull outward on the string in one continuous motion until the entire ureteral stent is removed. It is recommended to do this in a bathtub or shower. If stent gets pulled by accident (if you see green tube coming out or have continuous leakage of urine), it is ok to remove stent early.

Postoperative Appointment

You will either be arranged for follow-up in 1 week to remove your stent or in 6 weeks with Renal US if your stent was left on a string and you remove it at home.

Contact Information

During normal business hours you can call Pinehurst Surgical Clinic Urology department at (910) 235-9791. After hours and on weekends, if you have questions or problems, call (910) 715-1000 and ask the hospital operator to page the urologist on call. If you are unable to reach your doctor and it is a medical emergency, call 911 or proceed to the Emergency Department.