



HALTON UROLOGY

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Discharge Instructions for Diagnostic Ureteroscopy

Ureteroscopy is a procedure where a scope is passed through the urethra and bladder and into the ureter (the tubes that carry urine from the kidneys to the bladder).

Activity: You may begin driving once you are off all narcotic pain medication. Most patients are able to perform normal, daily activities within 5-7 days after ureteroscopy. You can shower daily after your ureteroscopy.

Blood in the urine (hematuria): Expect blood in the urine with urination. With time and hydration, the urine should slowly turn from a watermelon red color to pink to clear. The discoloration of the urine is secondary to the irritation of the tissues from ureteroscopy.

Constipation/Gas Cramps: You may experience sluggish bowels for several days following your ureteroscopy as a result of the anesthesia. Suppositories and stool softeners are usually given to help with this problem.

Diet: Resume your regular diet as tolerated.

Postoperative Pain: Most patients after ureteroscopy experience mild to moderate pain in the flank and/or bladder area due to local irritation from passing a scope in the bladder and ureter as well as any lithotripsy that may have been done. These symptoms will improve over the next few days to a week.

These symptoms are generally well controlled by using the prescribed pain medication. As you get further out from your ureteroscopy, you may be able to switch to Tylenol, Extra Strength Tylenol or anti-inflammatories, as narcotics may cause constipation and sedation.

Follow-up Appointment: My office will contact you with a follow-up appointment time and date.

When to Seek Medical Attention:

- Chills or fever over 38 degrees C (101 degrees F)
- Severe flank pain or abdominal that is not relieved by pain medication
- Incontinence (leaking of urine)
- Inability to urinate

For Urgent or Emergent situations, please call my office at 905-875-3920 during office hours (9:00am-5:00pm) or outside these hours, please go to your nearest Emergency Department.

**Updated Sept 2019*