

Urology Associates of Rochester

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Dear Pat FName :

Your Percutaneous Nephrolithotripsy (PCNL) is scheduled at:

on

The hospital/surgical center will notify you of your arrival time for your procedure. Your pre-surgical testing is scheduled at your/the .

On you will be going to the Operating Room for a balloon occlusion. Later on that day you will be transferred to Radiology for insertion of a nephrostomy tube. You will remain in the hospital for your procedure on the following day.

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW

1. You will be admitted to the hospital the day of your surgery. You will spend an average of 2 - 3 days in the hospital.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**

RECOVERING FROM SURGERY: WHAT TO EXPECT

1. You will awake from surgery with a catheter in your urethra, which drains urine from your

bladder. This allows your urinary tract to rest and recover. The catheter is usually removed before you are discharged.

2. You will awake with a tube in your kidney which helps drain your urine. The tube is connected to a drainage bag, which has to be emptied as needed. This tube may remain in until you are seen in the office for your follow up appointment.

INSTRUCTIONS: POST PCNL

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. It is okay to shower. **No bathing** until seen by the doctor and the tube in your kidney is removed..
2. It is okay to climb stairs when discharged from the hospital.
3. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
4. No lifting or strenuous activity until you are seen by the doctor.

DRIVING: You are able to drive the day after your procedure if you feel up to it and are not taking any pain medications.

MEDICATIONS: Please refer to the surgery medication list provided.

INCISION SITE: Observe the incision daily. Some redness and drainage at the incision site is normal. You may also experience pain at the incision site, this is normal. Any pain should decrease in 4-5 days. If you notice any increased redness, increased tenderness, purulent (puss like) drainage from the incision, and/or develop fever and chills, please call the office.

1. Nephrostomy tube dressing should be changed daily or more frequently if saturated.
2. Use a dry sterile dressing around Nephrostomy tube.
3. If your physician has advised you to clamp the tube and you notice fever, pain, and/or chills unclamp the tube and notify the office at (585)232-2980.

FOLLOW UP: Your follow up appointment is scheduled for N DShort at N Time in our N Loc Name office. You are also scheduled for an Xray at Borg and Ide, located on the first floor of our building at .

If you have any questions or concerns, please call us at (585)232-2980.