

Urology Associates of Rochester

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Dear Pat FName

Your Ureteroscopy with Lithotripsy is scheduled at:

on

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

Ureteroscopy is a procedure with a ureteroscope (telescope-like instrument) that examines your ureter (the tube that goes from the kidney to the bladder) looking for stones, strictures, etc.

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW

1. You will be admitted to the hospital the day of your surgery. You will be discharged when you are fully awake, alert, and taking fluids by mouth. Usually it is about two hours after your surgery.
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 have an internal stent (a small plastic tube from the kidney to the bladder which

will bridge the repair during surgery) inserted during the surgery. The stent will be removed 7 - 10 days after your surgery in the office.

INSTRUCTIONS: POST URETEROSCOPY

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.
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.

DRIVING:

You are able to drive the day after your procedure if you feel okay and are not taking any pain medication.

MEDICATIONS:

Please refer to the surgery medication list provided.

STENT:

You may have an internal stent (small plastic tube located between the kidney and bladder) in place which will bridge the repair. This stent will be left in for 7 - 10 days until it is removed in the office with a simple procedure. You may experience some urgency (increased desire to urinate), burning, frequency, flank pain, abdominal pressure and blood in your urine. The blood in the urine may be constant or intermittent and may increase with activity. These symptoms are all normal. If you have increased pain, fever or chills please notify the doctor at **(585)232-2980**.

FOLLOW-UP:

Your follow up appointment is scheduled for N DShort at N Time in our N Loc Name office.

Please note: You will need to have a KUB X-ray on the day of your follow up appointment. Please plan on arriving one hour prior to your appointment to have your X-ray done. A requisition for the X-ray is enclosed.

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