

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

Post-Operative Instruction for Ureteroscopy, Laser Lithotripsy, Stone Extraction and Stent Placement

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

The information in this leaflet gives you general advice following your recent endoscopic surgery. After undergoing a Ureteroscopy, it is vital to understand the recovery process and the time it takes to get back to normal. Recovery period allows the body to heal, adjust and regain its strength after the procedures.

Remember each person recovers at a different pace. By following post-operative instruction attending follow-up appointments, patient can ensure a smooth and successful recovery.

Surgical site

There is no skin incision, but your urinary tract is very sensitive.

Diet

You may return to your normal diet immediately. Drink plenty of water. The target for fluid intake is two-three litres a day. In the short term, this will help flush the stone fragments. In the long term, this will help prevent new kidney stones from forming.

Bowels

It is important to keep your bowels regular during the post-operative period. A bowel movement every other day is reasonable. Avoid constipation. Anaesthesia and prescription pain medicine can cause constipation. If you have a stent, constipation makes pain worse. Take plenty of fibre and water, you may use over the counter Senna (Senokot), Dulcolax (Bisacodyl). Try to eat a high fibre breakfast cereal and wholemeal bread.

Who can I contact if I have a problem when I get home?

If you experience any problems related to your surgery or admission once you have been discharged home.

Please feel free to contact the following:

Urology Nurse Specialist - 0151 478 7911 or 07880 293 602
(Monday to Friday 08:00 - 16:00)

Ward 4A/Urology Hot Clinic– 0151 430 1420

Ward 4B – 0151 430 1637

Sanderson Suite - 01744 646 112

Are there any other possible complications?

If the stent is left in place too long, it may become encrusted with a “crystal” (stone-like) coating on its surface. This may worsen some urinary side-effects (especially pain and bleeding).

Displacement of the stent is very unusual, but if your stent does slip out of your urethra or even fall out altogether, you should contact the specialist stone nurse, or your urology consultant’s secretary.

Important consideration:

If you have not heard anything about your stent removal, please contact your urology stone nurse specialist for further information on 0151 478 7911 or 07880 293 602, Monday-Friday 08:00-16:00.

Post-procedure

If you experience any of the following, please contact us using the details at the end of this leaflet.

- Constant, unbearable pain associated with the stent.
- Symptoms of urinary tract infection (high temperature, fever, pain on passing urine, offensive smell and feeling generally unwell).
- Your stent gets dislodged or falls out.
- You are passing excessive blood and clots in your urine.

Medication

You should resume your medications unless we tell you otherwise. Use your prescribed pain medication as directed.

Physical activity and sport

You may resume your normal activity, provided the underlying kidney problem and your general health allows. You may shower or bathe as you normally do. No strenuous exercise such as lifting heavy objects, intense exercise or engaging in contact sports during recovery period. Lifting heavy objects can put strains on the abdominal muscles and increase pressure in the urinary tract which is detrimental to the healing process.

You may resume driving when you feel you are fit and well after the procedure, normally after 2 weeks.

The more active you are, the more blood you may see in your urine. This is expected and is not a cause for alarm.

Work

You can resume work after 7-10 days if you are feeling well. You should be able to continue working normally with a stent in place. You may get some discomfort if your work involves a lot of physical activity, and you may feel more tired than usual. If your stent symptoms interfere with your work, we recommend you discuss adjustments to your workload with your manager.

Travel and Holiday

If your general health and the underlying kidney condition allow it, it is perfectly safe to travel with a stent in place. Side-effects can make travel and holidays less enjoyable, and there is a small chance that you may need additional medical assistance during this time.

Sexual Activity

Some patients experience discomfort during sexual activity and the side-effects may have an effect on your sex drive. There are no restrictions on your sex life if you have a stent.

If you have a stent on a string through your urethra, sexual activity can be difficult. You should be careful not to dislodge the string and displace the stent.

You may have to avoid sexual activity until the stent is removed.

Urethral Stent

You may have had a ureteric stent which is a long, thin plastic tube that runs from the kidney to the bladder, that is placed to allow the kidney to continue draining until any internal inflammation decreases. It protects the kidney from blockage, swelling and infection.

For most patients, the stent may remain in place for only a short amount of time, from a few days to a few weeks.

Flexible Cystoscopy:

In cases where a stent will have to remain in place for longer than 7 days, it will be removed by flexible cystoscopy under local anaesthetic. You will be awake and local anaesthetic gel is inserted into the urethra, then a flexible telescope is placed into your and into your bladder.

Forceps are passed through the telescope and they grasp the stent, it is then removed with the telescope from your bladder.

The procedure normally takes a few minutes to perform, and you can go home straight after.

You may take a pain killer before coming to your postoperative appointment if you would like. In very occasional cases, this might be performed as a day case for removal under a general or spinal anaesthetic.

Appointment details for stent removal by flexible cystoscopy:

Date of stent insertion:.....

Consultant:

Date of removal:

Place of removal:.....

It is about 20-30cm long with 2 curls on each end.

A nurse or a doctor will gently pull the string, which is attached to the stent, and it should slip out easily and this takes a few seconds.

It can sometimes be uncomfortable but, you do not routinely need to take any medication or painkiller beforehand.

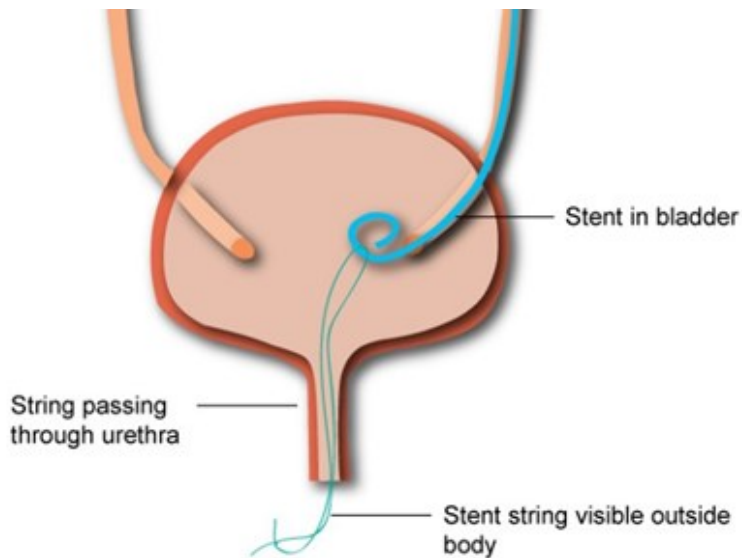
Appointment details for stent removal by string:

Date of stent insertion:.....

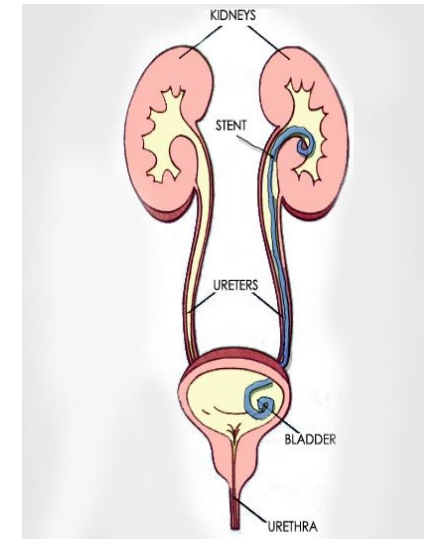
Consultant:

Date of removal:

Place of removal:.....



A string may be present exiting the urethra that is taped to the penis or lower abdomen. If there is a string on your stent, **do not pull it** until the specified date. If it accidentally comes out, you do not need to go to the Emergency Department. Please ring our Urology Stone Nurse Specialist on 07880 293 602.



What are the possible side effects associated with a stent?

Most patients experience some stent related symptoms, that can vary in intensity. Each person has a different tolerance level of pain or discomfort. Most people find that they have a slight discomfort and burning sensation when passing urine. As your bladder contracts and decreases in size when you pass urine, it can grip onto the lower part of the stent. This can rub against the sensitive bladder wall lining or cause some mild pain in the kidney area on that side.

The most common problems are:

- Needing to pass urine more often.
- Burning on urination and a cystitis like sensation.
- The need to rush to the toilet to pass urine.
- Pain and discomfort in your kidney, bladder, urethra, and genitals. Particularly after physical exercise or immediately after you pass urine.
- Blood in urine. This is common and you should drink 2 litres (3 and half pints) of water each day, to flush your system through.
- In men, pain at the tip of the penis.
- A slight risk of episodes of urinary incontinence.
- Occasionally a sensation of incomplete bladder emptying.

All of the above symptoms are normal while the stent is in place. Symptoms are different for each person; some people have all these symptoms, some have none.

Managing stent symptoms

- Heating pack or ice pack over the back or bladder.
- Over the counter paracetamol. Take as directed or every six hours while awake. Do not take more than 4000 mg of paracetamol per day. Prescription pain medicine may contain paracetamol as well. This counts towards the maximum dose of 4000 mg of paracetamol per day. Avoid if you have liver problems.

- Over the counter NSAIDs (ibuprofen). Take as directed, this may be combined with paracetamol. Avoid or use with caution if blood tests show low kidney function, or if you have chronic kidney disease or stomach ulcers.
- Tamsulosin (Flomax). This may be prescribed by your doctor. This helps relax the urinary system. It can help pass stone fragments and ease stent pain. Take this once a day. Stop or take before bed if it makes you dizzy.
- Other pain medication: This may be prescribed by your doctor. Take as directed if you have pain despite the above measures. Opioids can cause addiction, stomach upset, dizziness, confusion and constipation. Opioid abuse is a national epidemic. Be sure to dispose of unused medication once your surgical care is complete to protect your family from exposure.

Stent removal

Stent on a string:

In some incidences a stent only needs to stay in place for a short period, 1 week or less.

If this is the case, a stent is inserted which has a string. The string is a fine piece of cotton, which hangs outside the urethra and is taped to your body.