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Ureteroscopy with Laser Lithotripsy

Pre-Operative Instructions for Patients

ABOUT YOUR SURGERY

Ureteroscopy treats kidney and ureteral stones without any incisions. A thin telescope is passed through the urethra and bladder up into the ureter and kidney. The stone is broken into fragments with a laser and the pieces are removed with a basket or left to pass.

The procedure is done under general anesthesia and takes 30 to 90 minutes. Most patients go home the same day.

ABOUT THE STENT

A ureteral stent is usually placed afterward — a soft hollow tube from the kidney to the bladder that keeps urine draining while the ureter recovers from swelling. It stays in for about 3 to 10 days.

Be prepared: stents commonly cause urgency, frequency, flank discomfort when you urinate, and blood in the urine. This is the part of the recovery patients find most bothersome, and it resolves completely when the stent comes out. Some stents have a string left outside for easy removal at home; if yours does, you will be told.

BEFORE YOUR SURGERY

- You will have a pre-operative visit, and possibly blood work, an EKG, or a chest X-ray depending on your health and age.
- If you have significant heart or lung disease, you may need clearance from your primary doctor or cardiologist.
- The hospital will call you with your arrival time, usually the day before.

MEDICATIONS

- **Blood thinners:** If you take aspirin, warfarin (Coumadin), clopidogrel (Plavix), apixaban (Eliquis), rivaroxaban (Xarelto), NSAIDs, fish oil, or vitamin E, **ask the provider who prescribes them when to stop** — usually 5 to 7 days before. Do not stop any prescription medicine on your own.
- **Diabetes medications:** Ask about adjusting insulin or oral agents, since you will not be eating.
- Bring a complete, current list of all your medications and doses.

THE NIGHT BEFORE

- **Do not eat or drink anything after midnight**, unless the hospital gives you different instructions. This includes water, gum, and candy.
- Shower with soap. Do not apply lotion, powder, or deodorant afterward.
- Remove nail polish and jewelry; leave valuables at home.
- Get a good night's sleep and arrange your ride.

THE DAY OF SURGERY

- Take only the medications you were told to take, with a small sip of water.
- Wear loose, comfortable clothing and flat shoes.

- Bring your photo ID, insurance card, medication list, and any paperwork.
- Bring your CPAP machine if you use one, and your glasses case and hearing aid case.
- **You must have a responsible adult to drive you home** and, for same-day discharge, to stay with you the first night.
- Leave contact lenses, jewelry, and valuables at home.

PLAN AHEAD

- Arrange 2 to 3 days off work, longer for physical jobs.
- Arrange a ride and someone with you the first night.
- **Schedule your stent removal before surgery if possible** — it should not be left in longer than planned.
- If you have a urine strainer, plan to strain all urine and save any fragments for analysis.

WHEN TO CALL THE OFFICE

Call 909.236.3333 before surgery if you develop fever, chills, worsening flank pain, or signs of a urinary tract infection. **Stone surgery is postponed if there is an active infection** — operating on an infected obstructed kidney is dangerous.