

Affiliates in Urology

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Discharge Instructions

For cystoscopic procedures, ureteroscopic procedures, stents and catheters

What to Expect After Surgery

1. You may experience some **pain and burning** when you urinate. There may be **blood and clots** in your urine. You will urinate frequently and have a strong urge to urinate. This will get better over 1-3 days.
2. If you have a **catheter** in your bladder, you may experience occasional spasms and leakage of urine around the catheter. You may also note some blood (or blood clots) in or around the catheter. This is normal and is nothing to worry about as long as the catheter is draining. Please secure it to your leg with tape or a strap to avoid accidental pulling. Please wash around catheter with soap and water daily.
3. If you have a **stent** in place, you may continue to experience the above symptoms until the stent is removed. Please call the office to schedule your stent removal or if symptoms are very bothersome.
4. If you have a **stent attached to a string**, which is coming out of the urethra, you will also experience the above. The stent should be removed on the day specified. **It is removed by firmly grasping the string and swiftly pulling on the string until the entire stent is out of the body.** The string and stent are almost 2 feet in length. You can take Motrin or other pain medication ½ hour prior to removal. Expect some blood and mild discomfort shortly after removal. If the stent becomes pulled by accident before the set time and is causing problems, you can usually pull it out completely. Call the answering service if you have questions or problems.

Activity and Diet

1. **Rest** on the day of procedure. You may resume regular activity the following day.
2. Drink plenty of **fluids**. We recommend 24-48 oz. over your usual intake daily. Avoid caffeinated drinks, carbonated products and alcoholic drinks until urination has returned to normal.
3. Resume your regular diet slowly. Some nausea after anesthesia is common.
4. No sexual activity for 5 days unless instructed otherwise by your doctor.
5. Please take the medications as prescribed by your physician. You may resume your usual home medications unless directed otherwise by your doctor.
6. Take pain medication only as needed. You may take Tylenol or Ibuprofen for milder pain.
7. Do not strain for bowel movement. Expect irregular bowel habits for a few days and take laxatives and/or stool softeners if experiencing constipation.

When to Contact Your Doctor

1. Excessive **bleeding** or large clots causing difficulty emptying the bladder
2. Temperatures greater than **101.5 degrees**.
3. Excessive nausea and **vomiting** preventing you to keep down fluids or medication
4. Pain that is not controlled with medication
5. Significant **swelling** or pain in the legs, shortness of breath or chest pain.
6. If it is an emergency, call 911 and/or go to the emergency room and have them contact us.
7. Please call the urology office today to schedule your **follow-up** appointment. Our office can be reached by calling 734-595-1166 during normal business hours. If the office is closed, call the answering service at (313) 396-0736 to reach the on-call physician.