Ureteroscopy

Overview

Ureteroscopy is a minimally invasive technique during which a thin, lit, flexible scope, called an ureteroscope is passed through the urethra, into the bladder, and then up into the ureter(s).

Getting Ready

Before your procedure, your doctor may order certain blood or urine tests. If you suspect that you may have a urinary tract infection, please call the physician’s office immediately so that we can prescribe the proper antibiotics before your surgery.

• **One week before surgery do not take:** aspirin, and products containing aspirin. Three days before your procedure, stop taking NSAIDs (such as ibuprofen/Advil®, naproxen/Aleve®).

• Tell your doctor if you are taking any of these medications. You may be advised to stop some or all of them before the procedure:
  o Plavix®, warfarin/Coumadin®, heparin, or other medicines to "thin the blood" (prevent blood clots)
  o insulin or any diabetes medications you take by mouth
  o arthritis medications
  o heart and hypertension medicine
  o over-the-counter medications, herbal, or vitamin supplements

• **Do NOT eat or drink anything after midnight the day before your procedure.**
The Day of Your Ureteroscopy

The procedure lasts from 1 to 3 hours and is usually done under general anesthesia. **If you are going home the same day, you must have an adult with you to drive you home.**

Typically, ureteroscopy is done as an outpatient procedure. You may need to stay overnight in the hospital if the procedure is lengthy or difficult.

After Your Ureteroscopy

- If you had general anesthesia, you must rest for 24 hours after the procedure. During that time, do not drive or use any heavy machinery.
- Your doctor will tell you about any physical limitations you may have.
- You are likely to feel a burning sensation when you urinate, but this should go away in a day or so. To relieve discomfort, drink two 8-ounce glasses of water every hour for 2 hours. Ask your doctor if you can take a warm bath to relieve the burning feeling. If not, you may be able to hold a warm, damp washcloth over the urethral opening.
- You may notice a small amount of blood in your urine. This may continue on and off for a few days or weeks. These are normal side effects. Please talk to your doctor if you have any questions or concerns.
- Your doctor may give you an antibiotic to take for 1 or 2 days to prevent an infection.
- Activity: Avoid strenuous activity or lifting anything heavier than 10 pounds for 24 hours. You can return to work and other activities the next day.

When to Call the Doctor

**Call your doctor immediately if:**

- your bleeding becomes excessive or you have new/more blood clots in your urine (it’s normal for urine for be pink for a few days)
- you can’t urinate (pee), urinating hurts/burns, or you have the urgency to urinate but can’t pass much urine
- you have signs of infection such as chills, fever of **100.4°F (38°C)**, pain or swelling
- you have pain that isn’t relieved by prescribed medication