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WHAT TO EXPECT POST YOUR URETEROSCOPY PROCEDURE

This information explains what you may experience post your procedure and how to take care of yourself during this time.

Expect:

- Sensation of needing to urinate (settles 24hrs in 50% of people)
- Some mild burning or blood in the urine (may come and go until after the stent is out)
- Stent insertion – you are likely to need a stent (a fine plastic tube). It allows urine to drain from your kidney into your bladder when you have a blockage (such as a stone or growth) in your ureter.
 - A further procedure to remove your stent (internal drain)
 - Return to work when you are feeling comfortable. Dr Elmes rooms can provide you with with a medical certificate if required.

What to do:

- Drink plenty of fluid
- Do NOT dehydrate
- You can exercise and do most normal activities with a stent in
- Indocid supps can be used for pain relief

Avoid:

- Working/strenuous activity for 24hours

Inform Dr Elmes' rooms if:

- Unable to urinate
- Heavy continuous bleeding / multiple clots
- Fevers / unwell
- Severe stent pain (especially if with every urination)
- Bladder spasms (may need Oxytrol patches to settle this)

Stent insertion and stent pain:

50% of people do not realise they are present; the other 50% may experience frequency, urgency or perineal/ penile tip referred pain. Use oxytrol patches for these symptoms.

A small portion (10%) will suffer from severe constant ache/stent pain. Use endone for this. Unfortunately this constant pain will continue until removal of your stent but the endone should assist you. Some patients will experience on and off again spasms when urinating. This is due to reflux of urine back to the affected kidney via the stent. When this occurs you can mechanically obstruct your stent to ease the pain. It is quite a sharp/severe pain that does pass. To do this, push hand in towards ribs on stent side where the pain is present and lean over on to this side to mechanically kink the stent.

