

Stone surgery and ureteric stenting

This information explains how to care for yourself after your stone surgery.

What to Expect After Your Procedure

- Pain in the flank or bladder area during urination is common for several days after a ureteroscopy or if a stent was inserted. To ease these symptoms drink plenty of fluids and empty your bladder frequently. These symptoms will resolve after the stent is removed.
- You may feel burning when you urinate for the next 2 to 3 days.
- You may see a small amount of blood in your urine as long as the stent is present. This will make your urine look pink.
- You may notice lower abdominal discomfort and urgency with urination whilst the stent is in, these symptoms will resolve after the stent is removed
- Symptoms of discomfort may increase with physical activity and are related to irritation from the stent. Avoid strenuous physical activity while a ureteric stent is in place.

Drink at least 8 glasses of water every day for the next few days. The liquids will help flush your bladder. This is important to help reduce the amount of bleeding you may have and to help prevent infection. You can limit how much you drink after 8:00 pm to avoid trips to the bathroom during the night.

Call Your Doctor or Nurse if You Have:

- Bright red blood or blood clots in your urine
- A temperature of 38.0° C or higher
- An inability to urinate
- Continuous urine leakage
- Pain not managed by the prescribed medications

Any other problems or concerns