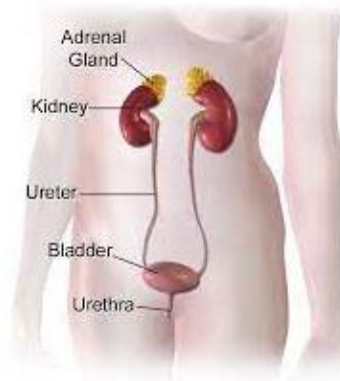


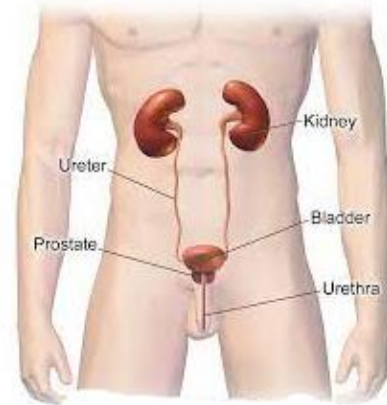
# Ureteroscopy

## 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).



Female Urinary System



Male Urinary System

## 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:
  - Plavix®, warfarin/Coumadin®, heparin, or other medicines to "thin the blood" (prevent blood clots)
  - insulin or any diabetes medications you take by mouth
  - arthritis medications
  - heart and hypertension medicine
  - 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 to 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