



Patient Instructions

## Ureteroscopy Laser Lithotripsy

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A Ureteroscopy is an examination or procedure using a scope to see beyond the bladder into the ureters (the tubes that carry urine from the kidneys to the bladder) to help locate a kidney stone. A small laser fiber is then used to break the stone into small pieces which can be extracted or flushed out. How and what the doctor will do is determined by the location, size, and composition of the stone.

You may have some discomfort on the side the procedure was performed. You may notice blood in your urine (pink to red). You may also have some urinary burning, urgency and/or feeling like you need to urinate more frequently. Use the pain medication your doctor has prescribed if needed for pain relief. Please ensure you are drinking plenty of fluids (2 liters/day minimum).

You may shower upon discharge from the surgery center. Most patients are able to resume normal activity in one to two days after the procedure.

Please contact your doctor should you have any additional problems or questions. Call 249-3900 and ask to speak with a triage nurse.