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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 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

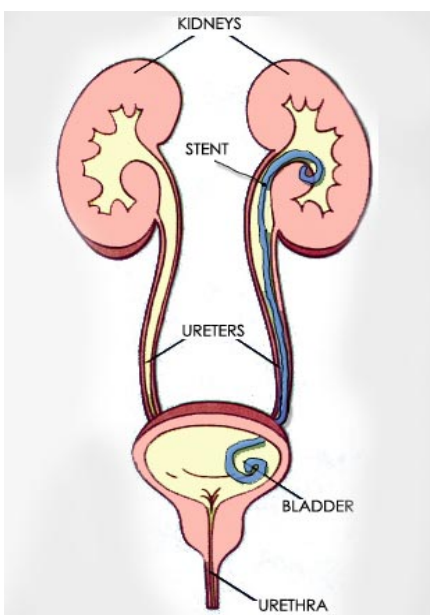
Avoid:

- 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:



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 stent pain. **Use endone as required or mechanically obstruct your stent.** 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.

