

# Kidney Stone Removal Discharge Instructions

## Urinating and Pain after the procedure

- It is common to have urgency, frequency and feeling the need to urinate often.
- Sometimes there is burning. This should resolve day-by-day, week-by-week.
- Blood in the urine is normal even if you had previously clear urine.
- If you are having problems that seem out of the ordinary, call immediately.
- Drink the amount of fluid it takes to keep the urine pink to clear in color.
- If the urine gets bloody, drink more. If it is pink to clear in color, you are doing fine.
- If unable to urinate, call the office immediately. After hours go to the local ER.

## Urinary stent

- If you go home with a urinary stent you may see a string coming out of the urethra. It is normal for the stent string to not always be visible.
- While the stent is in place it is normal to have pain the lower abdomen and back. This pain will resolve after the stent is remove.
- The stent will usually be removed in 1 week. Please confirm with Dr. Pazona.

## Medications

- You may take Tylenol or Ibuprofen over the counter as directed
- If you become constipated, take whatever works for you. Milk of Magnesia, prune juice, Miralax, Dulcolax or Magnesium Citrate are a few options.
- If you are on a blood thinner such as Aspirin, Coumadin, Plavix, Pradaxa, Effient or any other blood thinner, you may restart these medications in 24 hours unless directed otherwise.
- You will be sent home on the following medications:
  - **Pyridium 100 mg twice a day up to 7 days** for relief of burning with urination. Your urine will turn orange on this medication
  - **Oxybutynin 5 mg twice a day as needed** for bladder spasms and frequent urination. Can cause dry mouth and constipation
  - **Tramadol 50 mg every 6 hours as needed** for uncontrolled pain

## Activity

- You may resume normal activity as tolerated.
- If you see a lot of blood, you probably did too much. If this happens, sit down, drink more water until the urine clears up
- You may shower or tub bath tomorrow.

- Eat what you feel like. Sometimes after surgery people are not hungry or don't eat much. As long as you are able to eat/drink without nausea or vomiting, this is fine. Start slowly.
- Do not drive until you are pain free. We just want you to be sure you will not be in pain and have an accident, hurt yourself or anyone else.

### **When to Call**

- Tomorrow to schedule a follow-up visit in 1 week unless directed otherwise by Dr. Pazona
- If you develop any of the following please call us immediately:
  - Fever > 101 degrees.
  - Inability to urinate
  - Nausea/vomiting or pain that is not improving.
- You may also message us via the Advanced MD Patient Portal for non-urgent questions.

Wishing you a speedy recovery!

Dr. Joe Pazona



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