Managing Pain and Urinary Symptoms following Ureteroscopy

- You had surgery to remove or fragment your kidney stones, also known as an ureteroscopy.
- After surgery, you may have some degree of pain or discomfort.
- In most patients, these symptoms can be managed with medications.

### Common symptoms after kidney stone surgery

- Pain in the bladder, lower abdomen, and/or lower back
- Urinary frequency, and/or urgency
- Burning with urination
- Blood in the urine
- Sensation of incomplete emptying of the bladder

The following recommended medications may be provided by your doctor to reduce symptoms following your kidney stone surgery

#### Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)
- Best at managing flank and abdominal pain related to kidney stones by reducing inflammation
- Examples: Toradol, Ibuprofen (Motrin), Naproxen (Aleve), Diclofenac

#### Alpha Blockers
- Helps with flank pain, abdominal pain, and urinary symptoms after surgery by relaxing bladder and ureter muscles
- Helps relieve stent discomfort
- May assist kidney stone fragment passage
- Examples: Tamsulosin (Flomax)

#### Acetaminophen*
- Manages flank and abdominal pain after surgery by blocking pain signals
- Very effective when combined with NSAIDs
- *Do not take more than 3000 mg of acetaminophen in a 24 hour period

#### Anticholinergics
- Prevents bladder spasms and bladder pain by preventing involuntary muscle movements
- Helps relieve stent discomfort
- Examples: Oxybutynin (Ditropan) and Tolterodine (Detrol)

### You may also be prescribed the following optional medications to help reduce your symptoms

#### Opioids**
- Manages flank and abdominal pain after surgery by blocking some pain receptors
- Can cause nausea, vomiting, constipation
- Examples: Norco, Vicodin, Oxycodeone

#### Pyridium
- Helps with painful urination by interacting with the bladder surface to provide pain relief
- May turn urine orange

**Shorter duration (less than 3 days) is recommended to prevent dependence
When to call your doctor

- Chills, fever higher than 101.5°F
- Nausea, vomiting and unable to drink or keep down liquids
- Severe pain that is not relieved by pain medication
- Difficulty or inability to urinate
- Constantly leaking urine
- The stent falls out

This document is designed for adult patient education. For additional information regarding this informational pamphlet, please contact us at: MUSIC Coordinating Center
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