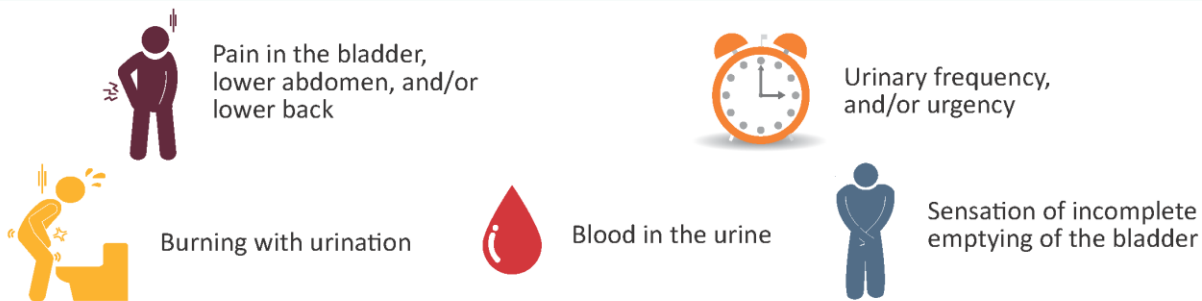


## Managing Pain and Urinary Symptoms following Ureteroscopy

- 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



### 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, Oxycodone

#### 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



Difficulty or inability to urinate



Nausea, vomiting and unable to drink or keep down liquids



Constantly leaking urine



Severe pain that is not relieved by pain medication



The stent falls out

If you have questions during regular business hours, call the Lahey Urology at Parkland Medical Center office:  
(603) 421-3663

After hours, please call Lahey Hospital and ask to speak with the Urology Resident on call:  
(781) 744-5100

\*Patient education materials developed by and adopted from MUSIC, the Michigan Urological Surgery Improvement Collaborative