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**

**Most patients are able to manage symptoms without these drugs**
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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

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