

DISCHARGE INSTRUCTIONS STONE MANIPULATION & URETERIC STENT

In order to continue your care at home, please follow the instructions listed below:

1. **ACTIVITY**

- Go directly home from the hospital.
- Restrict your activities and rest for a day.
- Resume light to normal activities the following day.

2. **MEDICATIONS**

- Use prescribed medication as directed.
- When taking pain medication, you may experience drowsiness or dizziness. Do not drive or drink alcohol while taking these medications.
- Resume any medications you were taking before your surgery.
- You may take a non-prescription pain medication such as acetaminophen.

3. **NUTRITION**

- Begin with clear fluids: broth, fruit juices, jello, coffee, tea.
- If you do not feel sick and do not vomit, you may increase your regular diet, as tolerated.
- Avoid drinks or food that are gas forming for one week, i.e., carbonated beverages.
- If you are taking Demerol[®] or Tylenol[®] with codeine for pain relief, eat HIGH FIBRE FOODS such as fresh fruits, vegetables, whole grain breads and cereals, or bran to avoid constipation.
- Drink at least 6 - 8 cups of fluid daily (limit caffeinated beverages)

4. **SPECIFIC COMPLICATIONS TO WATCH FOR**

- **Fever over 38°C (101°F) by mouth**
- **Pain not relieved by medication ordered**
- **Bleeding and/or clots when passing water**
- **Inability to pass water**

5. **SPECIAL INSTRUCTIONS**

- If you pass any stones, please try to keep them. Bring them to the hospital laboratory for examination and let your doctor know you have taken a specimen to the laboratory.
- If there is a green string exiting from the pee channel, do not pull this out.

6. **FOLLOW-UP CARE**

If you require attention following discharge, contact your surgeon and/or your family physician, go to a walk-in clinic, call Health Link BC at 8-1-1, or go to the nearest Emergency Department.