

# Kidney Stone Removal

## After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

## Your Surgery

Your doctor will remove your kidney stone through your ureter, which carries urine from the kidney to the bladder.

Recovery from having a kidney stone removed is usually quick.

Your urine may be pink in color for several days. You may pass some blood, small blood clots and stone fragments. This is normal. You will need to strain your urine to collect all fragments. Bring them to your follow-up appointment.

## Before the Surgery

- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy
  - have diabetes
  - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the procedure.

## Activity

- You should be able to resume your regular activities in about one week.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

## Food and Beverages

- Drink six to eight (8 ounce) glasses of water each day.
- Eat well-balanced meals. Follow an instructions your doctor gave you.
- Your doctor may ask you to change your diet. This will depend on the results of your kidney stone analysis.
- Avoid alcohol while you are taking prescription pain medicine.

## Pain Relief

- Take any prescription or over-the-counter medicine as directed.

## **When To Call Your Health Care Provider**

Call your health care provider if you:

- have a fever higher than 101.5 F and chills
- have a large amount of blood in your urine (this could mean a urinary infection)
- cannot urinate
- have severe pain not relieved by medicine
- have nausea that lasts for days
- have sudden pain or pain in the side of your back or groin.

## **Follow-up Appointment**

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.