

Center For Urology  
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**PROCEDURE:**

Percutaneous Nephrolithotripsy

**DISCHARGE INSTRUCTIONS:**

1. It is important to drink as much fluid (non-alcoholic, non-caffeinated) as possible to wash out any blood that may accumulate. Increase your fluid intake if your urine turns red or you pass clots.
2. Continue to take your routine medications unless your doctor has advised you differently.
3. Take your antibiotic if one has been prescribed.
  - a. No Aspirin/Ibuprofen products of any kind until urine is clear; as they can make bleeding worse.
4. No strenuous activity (no pushing, pulling, bending, lifting, straining). Walking is allowed; stairs are ok, but no more than a few times a day.
  - a. Change the dressing over the tube site as needed if it becomes soiled.
  - b. Take your pain medication as needed, but realize that this medication
    - i. can cause constipation. This medication can also effect your
    - ii. judgment and reflexes. Take Colace (an over the counter stool softener) while on pain medicine, and use laxatives as needed for constipation.
  - c. Call your urologist. He will want to see you in 1-2 weeks.

**CALL YOUR DOCTOR:**

If you develop fever or chills.

If you cannot urinate.

If you develop nausea and are unable to drink fluids.