

DISCHARGE INSTRUCTIONS

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DIAGNOSIS: Ureteral and Kidney Stones

INSTRUCTIONS:

- 1) It is important to drink as much as possible. The more you drink, the more you will urinate, and this will increase the possibility of your passing any stone fragments (water, juices, etc.).**
- 2) You may return to your normal activity. However, if it is necessary for you to take your pain medication, realize that this may affect your judgment or reflexes. This medication can also cause constipation.**
- 3) You are at risk for developing kidney pain as long as any stones remain in your system. If the pain returns and the pain medication is not effective, call your doctor and / or come to the emergency department.**
- 4) If you pass your stone or a fragment, save it and bring it to your doctors' office so it can be analyzed.**
- 5) Continue to take your routine medications unless your doctor has advised you differently. Take your antibiotic if one has been prescribed.**
- 6) If you had a ureteral stent placed while in the hospital you should be relatively comfortable. However the stent can cause some bladder irritation and you will see blood in your urine at times.**
- 7) Call your urologists office. He / She will want to see you in about 1-2 weeks.**

CALL YOUR DOCTOR:

**If you develop severe pain.
If you develop fever or chills.
If you develop nausea and are unable to drink fluids.**