What will I experience following the procedure? continued

You will be sent home once pain pills control your pain and you are eating a normal diet. The average hospital stay after this procedure is 2 days.

You will be on antibiotics for approximately 5 days at home.

What should I avoid following the procedure?

- Ask your doctor when to restart medications such as ASA, coumadin, or anti-inflammatory drugs.
- You should avoid strenuous activity, heavy lifting and sports for approximately 2 – 3 weeks.

When should I call a doctor?

- If you develop a high fever (above 38.5°C)
- If your pain becomes increasingly worse or unbearable, despite medication.

If you cannot reach your surgeon, go to the Emergency Department of the nearest hospital.

REFERENCES:

1. Patient Information for Percutaneous Nephrolithotomies – Dr. Cory Hartsburg
2. Kidney Stones – Patient Education – American Foundation for Urologic Disease
3. Information for Patients Undergoing Percutaneous Nephrolithotomy – The Royal College of Radiologists 2002
4. Department of Urology, R.V.H.
What is a percutaneous nephrolithotomy?

This is a surgical procedure to remove a stone(s) from the kidney. Because this is done through the skin, this procedure is called percutaneous, and nephrolithotomy means taking stones out of the kidney. It is recommended for stones larger than 2 cm, staghorn calculi (filling most of the kidney), or those that have failed less invasive procedures such as ureteroscopy or shock wave lithotripsy. The main advantage of this approach compared to traditional open surgery is that only a small incision (about 1 cm) is required in the flank. A scope is passed into the kidney. The stone can be broken down with an ultrasonic probe and the fragments can be removed. It is designed to remove kidney stones with much less disturbance than an open operation, and allow you to recover much more quickly.

What is a nephrostomy tube?

This is a small, bendable, curled tube that is placed through the skin directly into the kidney. It will allow urine to drain straight to the outside from the kidney instead of through the usual route that may be blocked.

How do I prepare for a Nephrolithotomy?

- Do not eat after midnight before your procedure.
- Bathe or shower the morning of your surgery.
- Take all your routine a.m. medications at 6:00 a.m. with a sip of water unless otherwise instructed.
- If you are on diabetic or blood thinning medications, check with your doctor about stopping them.

What risks are involved with a Nephrolithotomy?

As with any operation, complications are always possible. With this type of surgery, complications could include failure to remove all or part of the stone, bleeding, infection, collapsed lung (caused by air or fluids forming around the lung), and injury to the large bowel. Some patients will need a blood transfusion.

What hospital process can I expect?

When you arrive for your surgery, you will register with a clerk in Registration. Once you are registered, you will be asked to change into a hospital gown and housecoat.

A nurse will then check your blood pressure, pulse, height and weight. Your health history will also be reviewed.

You will be taken to the waiting area by the operating rooms. At this point you will meet the Anesthesiologist who will be in charge of your care during the surgery. An Operating Room nurse will also come out to meet you and accompany you to the OR.

Following the procedure you will be taken by stretcher to the Post Anesthetic Care Unit (PACU) where your blood pressure, pulse and breathing will be monitored closely. When you are awake and stable, you will be transferred to a regular hospital room.

What will I experience following the procedure?

You may experience some tenderness around the small incision and in the kidney. Any discomfort can usually be controlled with pain medications prescribed by your surgeon.

There are usually no stitches required. You will have a catheter in both your bladder and in your kidney. You may also have a stent (a thin, hollow plastic tube) in your ureter (the tube that carries urine from the kidney to the bladder). If the urine is clear enough, the catheter in the bladder is removed the first day after surgery.

A special dye x-ray test will be done either the first or second day after surgery to look for proper drainage of the kidney as well as any possible fragments of stone. If this test is clear, then the catheter in the kidney will be removed. If the ureteral stent is left in place usually you will come back to have it removed the following week.

RVH-3273 Revised February 12, 2013