

Urology Associates of Rochester, LLC

**995 Senator Keating Blvd., Building E, Suite 330
Rochester, NY 14618**

Nephroureterectomy

Nephroureterectomy is a surgical procedure that involves the removal of your kidney and your ureter.

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW

1. You will be admitted to the hospital the day of your surgery. You will spend an average of 3 – 5 days in the hospital.
2. If you are on ASPIRIN, IBUPROFEN, or drugs for ARTHRITIS or INFLAMMATION, please discontinue two weeks before procedure.
3. If you are on COUMADIN, please consult your primary care physician or cardiologist before discontinuing.
4. If you take antibiotics prior to dental work, have an orthopedic prosthesis, or were told by another physician to take antibiotics prior to surgery, please call the office.
5. If you take blood pressure medication, you may take it with a sip of water the morning of your surgery.
6. No eating or drinking after midnight the night before your surgery except for blood pressure or heart medicine as mentioned above.
7. No alcohol 24 hours prior to surgery.
8. We suggest you wear comfortable clothing.
9. You will be receiving anesthesia for this surgery. You will see an anesthesiologist who will discuss this with you prior to your surgery.

RECOVERING FROM SURGERY: WHAT TO EXPECT

1. You have been given a prescription for pain medication to take at home when discharged from the hospital to relieve your discomfort and to help stimulate your appetite within a few days.

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2. You will awake from surgery with a catheter, which drains urine from your bladder. You will have the catheter in place 7 - 14 days.

INSTRUCTIONS: POST NEPHROURETERECTOMY

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. Do not lift anything heavier than 10 lbs. for one month.
2. It is okay to shower after discharge from the hospital. Dry area thoroughly. No bathing.
3. It is okay to climb stairs when discharged from the hospital.
4. Walking is good exercise and it improves the circulation. Do not overdo it! Go easy at first and slowly increase the distance as you feel better.
5. Avoid any heavy lifting or strenuous exercise for at least six weeks to give the incision time to heal.

DRIVING:

No driving until seen in the physician's office. Do not drive while on pain medication.

PAIN MEDICATION:

You have been given a prescription for pain medication to take at home when discharged from the hospital. As your activity increases, you may experience soreness around the incision. This is normal.

ANTIBIOTICS:

You have been given a prescription for antibiotics to take at home when discharged from the hospital. Please make sure you take all of your antibiotics.

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INCISION SITE:

Observe the incision daily. Some redness and drainage at the incision site is normal. If you notice any increased redness, increased tenderness, cloudy (pus-like) drainage from the incision, and/or develop fever and chills, please call the office.

FOLEY CATHETER:

You will go home with a catheter. It is normal to feel some pressure and discomfort from the catheter. You may experience some leaking around the catheter; this is normal. It is common to experience some blood in your urine or around the catheter when moving your bowels. Always make sure that the tubes are not kinked so the urine flows freely.

BOWELS:

One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements. Milk of Magnesia (30 cc) is recommended if your stools are hard.

FOLLOW-UP:

Our office staff will call you to make a follow-up appointment to have your staples removed.

If you have any questions or concerns, please call us at **(585) 232-2980**.