

About Your Procedure

Cystolitholapaxy

This handout explains a cystolitholapaxy, a procedure that breaks up and removes bladder stones.

What is cystolitholapaxy?

Cystolitholapaxy is a procedure to break up *bladder stones* into smaller pieces and remove them. Bladder stones are minerals that have built up in the bladder.

How is it done?

This procedure uses a *cystoscope*, a long, narrow tube with a small camera at the end. Your doctor will insert the cystoscope through your *urethra* (the tube that urine passes through when it leaves the body) and into your bladder.

The camera on the cystoscope sends images back to a screen so your doctor can see where the stones are.

Either laser ultrasonic waves or a tiny machine may be sent through the cystoscope. They are used to crush the stones into smaller pieces. Fluids are then used to wash the pieces of stone out through the urethra.

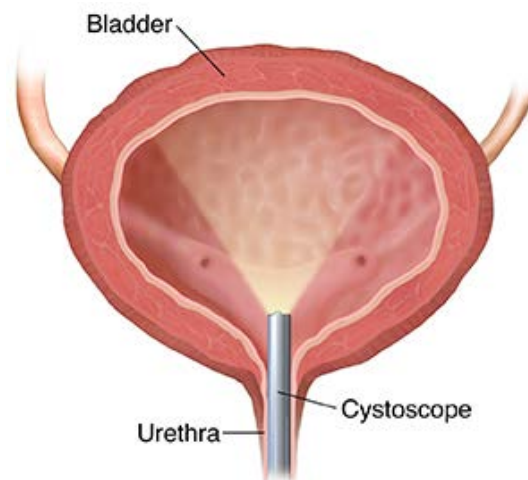
What are the risks involved?

There is a small risk of a bladder infection after cystolitholapaxy.

How do I prepare?

7 Days Before

- Some medicines, herbal products, and supplements may cause excess bleeding during and after your surgery. For 7 days before your surgery, unless your provider tells you otherwise:



The cystoscope is inserted through the urethra and into the bladder.

- Do **not** take any aspirin or aspirin-like drugs such as ibuprofen (Motrin, Advil, and others) or naproxen (Aleve, Naprosyn, and others).
- Avoid fish oil and other supplements.
- Review the handout we gave you on what to do before your procedure.

Fasting

- Follow the fasting instructions we gave you.
- After midnight the night before surgery, do **not** eat or drink anything.

After Your Cystolitholapaxy

The cystoscope can irritate your urethra. For 24 hours to 1 week after your cystolitholapaxy, you may:

- Feel burning when you urinate
- Have some blood in your urine
- Need to have a bladder catheter

Bladder Catheter

If you cannot urinate before you leave the hospital:

- We will place a catheter to drain your bladder.
- You will need to visit the clinic within 1 week of your procedure. At this visit, we will remove the catheter and make sure that you can urinate. This is called a “void trial.”

For Your Safety

The anesthesia medicine you receive during surgery will make it hard to think clearly. It can take 24 to 48 hours for all the effects of the medicine to go away.

For your safety, for 24 hours after you leave the hospital:

- Do **not** drive or use machinery.
- Do **not** drink alcohol.
- Do **not** make any important decisions, sign any legal documents, or be responsible for anyone else’s care.

Self-care

Fluids and Food

For 2 to 3 days after you leave the hospital:

- Drink plenty of water. This will help you stay hydrated and flush any blood out of your urinary system. This will help prevent:
 - Bladder infections
 - Blood clots in your urethra

If blood clots block your urethra, you will not be able to urinate. **If you cannot urinate:** Go to the Emergency Room to have your bladder drained with a catheter.

- Do **not** eat any heavy or large meals.
- Avoid spicy and greasy foods.
- Resume eating your normal foods as you are able to handle them.

Pain Medicine

- For mild discomfort or pain after surgery, take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).
- For moderate pain, some doctors prescribe the drug Norco after this procedure. Norco contains acetaminophen and a prescription pain medicine. If you take Norco:
 - Do **not** take other medicines that contain acetaminophen.
 - Always take it with food so that you do not get an upset stomach.
 - Do **not** drive while you are taking prescription pain medicine.

Activities

For **1 week** after surgery:

- Avoid lifting anything that weighs 10 pounds or more. (A gallon of milk weighs almost 9 pounds.)
- If your job requires you to lift more than 10 pounds, arrange to do lighter tasks during this time.
- Avoid jogging or other exercise that strains your abdominal or pelvic muscles.

You may return to your normal activities when you feel comfortable doing so.

When to Call

The First Week

For 5 to 7 days after your procedure, it is normal to have blood in your urine and to feel burning at the tip of your penis when you urinate. But, if it is 2 weeks after your procedure and you pass blood clots or still have blood in your urine, call the Men's Health Center at 206.598.6358. The center is open weekdays from 8 a.m. to 5 p.m.

Also call the Men's Health Center during open hours if you have:

- Fever higher than 101°F (38.3°C)
- Shaking and chills
- Nausea and vomiting
- Skin reactions, such as hives or a rash
- Concerns about any of your symptoms

If you need help after hours or on weekends or holidays, call 206.598.6358 to talk with a nurse, or go to the Emergency Room.

After 2 Weeks

Call your doctor if you have:

- New symptoms of burning when you urinate
- A need to urinate more often
- Blood or blood clots in your urine
- Chills or fever
- Pain

Questions?

Your questions are important. Call or send an eCare message to your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call the Men's Health Center at 206.598.6358.

After hours and on weekends or holidays, call this same number to talk with a nurse, or go to the Emergency Room.