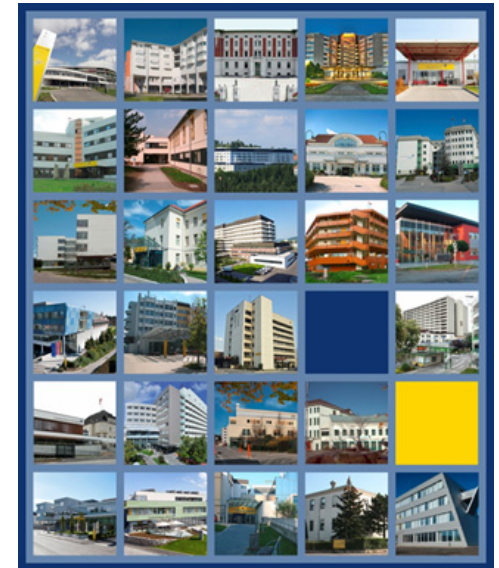


We hope to have answered all your
potential questions with this informa-
tion and wish you a speedy recovery.

Your urology team

Urology

Discharge information



Behaviour after endoscopic kidney and/or ureter surgery and splinting with a JJ stent

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Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

For the most favourable treatment outcomes and to minimise complications, you should observe the following guidelines for 10–14 days from the day of discharge or until the JJ stent is removed:

- Drink plenty of fluids (two litres per day)
- Avoid long car journeys, cycling trips (including exercise bike) and tractor journeys
- Physical rest; do not lift more than 5 kg, do not take part in activities or sports which may increase the pressure in the lower abdomen
- Avoid saunas, steam baths and swimming pool visits
- Do not take any blood-thinning medications for at least two weeks unless otherwise instructed by your doctor

Discharge from hospital does not signify the end of treatment. We would like to make you aware about the importance of attending the recommended **aftercare appointments**.

In the case of fever and/or considerable blood in the urine, you should visit a medical specialist without delay. Slight pain around the kidneys, in particular after urinating, is normal (pain medication under medical prescription).

It is imperative that you take the antibiotics as directed (normally until the JJ stent is removed).