

***Finger Lakes Urology Institute***  
**DISCHARGE INSTRUCTIONS**

**SURGICAL PROCEEDURE: Cystolithlapy**  
(Laser crushing of bladder stone)

**INSTRUCTIONS:**

- 1) **No sex, no sports, no bike or motorcycle riding, no strenuous activity for 2 weeks.**
- 2) **Irritative symptoms are common after the catheter is removed.  
ie. burning on urination, urinary dribbling, & a sensation that you have to urinate frequently.  
Drink plenty of fluids. Your urine can become pink or tea colored over the next few days. This is to be expected and is from a normal amount of bleeding after this procedure. Increasing the fluids you drink will help resolve this.**
- 3) **Continue to take your routine medications unless your doctor has advised you differently.**
- 4) **Consult your Primary Physician or Cardiologist about taking Aspirin or Motrin.**
- 5) **Take your antibiotics as prescribed.**
- 6) **Your catheter will be removed in the office in \_\_\_\_\_ days if one has been left in place.**
- 7) **Call your urologist for an appointment.**

**CALL YOUR DOCTOR:**

**If your urine becomes bright red and you start to pass clots.**

**If you are unable to pass your urine.**

**If you develop fever or chills.**