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Emergency Surgery for Kidney Stones

You have been diagnosed with a kidney stone.

Stones that are larger than 5mm are less likely to pass so your surgeon has added you to an “emergency surgery” list. You must not have anything solid to eat after midnight the day of your proposed surgery. You may have clear fluids {water, juice} up to 8 am the day of your surgery. If there appears to be extra time on the OR slate, the OR desk will call you and tell you to come into the hospital. This should occur around lunch time. If there is no extra time, they will also call you and you can eat as usual. The OR will try to add you on again the next day so resume the previously described fasting instructions. Please note that patients with stones commonly have to wait days before OR time becomes available. Please be patient and rest assured your time will come.

If your pain disappears or if you catch the stone, please contact the office and your surgery will be cancelled.

Pain from a kidney stone can be controlled most of the time with oral pain medication such as Tylenol 3 and anti-inflammatory such as Toradol, Voltaren or Ibuprofen. It is important to take these pills in combination as they work through different mechanisms. Do not drink excessive amounts of water as this will actually make the pain worse.

You should be straining your urine to try to catch the stone. Alternately you can void into a cup. This is for two reasons. First of all stones can be sent for analysis to determine their composition. This will help prevent future episodes of stone formation. Second of all, catching the stone proves that you have passed it, thus no surgery or follow-up imaging is needed.

Should you develop a high fever {>38.5C} or severe nausea/vomiting or pain that is uncontrollable despite oral medications please head straight to the ER and you will need to be admitted to the hospital for treatment.