

**PUBO-VAGINAL SLING AND POSSIBLE  
REPAIR OF VAGINAL PROLAPSE**

**Academic Urology-Pottstown/Phoenixville**

**Day time phone: 610.323.5550 (Pottstown) or 610.935.9010 (Phoenixville)**

**Emergency Phone after 5 pm 610.792.2871**

### **NATURE OF THE PROCEDURE**

A pubo-vaginal sling is commonly performed in women to correct stress urinary incontinence. Often times there can be an associated condition that involves the bladder being dropped and we refer to this as a cystocele. If there is an associated drop of the small bowel then this is called an enterocele. If there is a protrusion of the rectum into the vaginal vault then we refer to this as a rectocele. It is not uncommon to perform a sling procedure in conjunction with a repair of these other defects. In all of these procedures, 90% of the operations are performed through an opening in the vaginal wall. If a sling procedure is performed by itself, 2 very small 1 inch openings are made in the vaginal wall. A second, 1-inch incision is made in the suprapubic area. If a sling is performed by itself, the operative time may range between 30 to 60 minutes. If a cystocele or other vaginal prolapse repair is performed, then the procedure can last anywhere between 1 to 3 hours. These procedures are generally performed under either a spinal or general anesthesia.

### **INSTRUCTIONS PRIOR TO ENDOSCOPIC PROCEDURE**

Do not eat or drink anything including water after midnight the evening prior to the operation. Do not smoke for at least 12 hours before or after the procedure and do not drink alcohol 24 hours prior to the procedure. Do not take aspirin or any aspirin-containing products or drugs containing Ibuprofen for 10 days prior to the scheduled treatment (see complete list). You can take Tylenol or ask your physician for recommendations. If you are taking anti-coagulants such as Coumadin, please consult with your physician, as this medication may need to be discontinued 5 days prior to the procedure. If you have had kidney or bladder x-rays taken at institutions, other than the hospital at which you are having your procedure performed, please check with our office scheduling staff to determine you need to bring them with you the day of the procedure. Leave all valuables at home and wear comfortable clothing. If you have HMO insurance, it is your responsibility to obtain referrals from your primary care physician. If an enterocele and a rectocele repair is performed, we recommend a clear liquid diet the whole day prior to the procedure along with taking magnesium citrate on that morning one day prior to the procedure.

### **DAY OF THE PROCEDURE**

After the operation you will have a catheter in place to help drain the urine from your bladder. There will be a transparent dressing or bandage covering the suprapubic wound. A vaginal pack will also be in place. We recommend that you drink plenty of fluids. It is not uncommon to experience cramps in the pelvic area. Medications may be provided to you to help alleviate these symptoms.

## DAY AFTER THE PROCEDURE

During the first day after the procedure the vaginal packing will be removed. If you are discharged the same day then you will be instructed to remove the packing. The Foley catheter that drains your bladder is left in place for approximately 2 to 5 days after the procedure. This is then removed. We recommend that you empty your bladder on a regular basis every 2 to 3 hours. We ask that you drink normal amounts of fluids. Should you experience an inability to empty your bladder, it may be necessary to have a catheter placed back in temporarily. Do expect to have minor bleeding or spotting after the procedure.

We recommend that you do not do heavy lifting and that you also abstain from sexual intercourse for 6 weeks after the time of the procedure. You may be able to return to work approximately 2 weeks after the procedure if only a sling procedure is performed. If the sling is performed in conjunction with other vaginal prolapse corrective procedures, you may need to be out of work for approximately 4 to 6 weeks.

Should you develop burning with urination, this could be a sign of an infection and you should contact us immediately. Should you experience a temperature of 101° or greater, please also give us a call.

## FOLLOW-UP APPOINTMENTS AND POSSIBLE STUDIES NEEDED

Call 610.323.5550 (Pottstown office) or 610.935.9010 (Phoenixville office) to schedule an appointment to:

- see Dr. Rose Leech Moreno Kabler or Kalra in \_\_\_ day(s) or \_\_\_ week(s)
- see nurse or VNA for Foley catheter removal in \_\_\_ days. (\_\_\_\_\_)
- remove vaginal packing tomorrow morning**

## MEDICATIONS

- Take  Levaquin one daily until finished.
- Vicodin one to two every 4 hours as needed for pain.
- Percocet one to two every 4 hours as needed for pain.
- Colace 100mg –or generic equivalent (available over the counter) 1 twice a day
- Take Pyridium as directed for catheter irritation
- DO NOT TAKE PYRIDIUM WITHIN 12 HRS. OF CATHETER REMOVAL**
- Cipro as directed

Regarding Spinal Anesthesia: If you develop a headache specifically after **SPINAL ANESTHESIA**, we recommend drinking more fluids, a caffeinated beverage (ie coffee, coke) and bed rest. If this does not relieve your “spinal headache” you should contact the hospital anesthesiologist on call.

Pottstown Hospital (610) 327-7000  
 Phoenixville Hospital (610) 983-1000  
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