

## INSTRUCTIONS FOR STENT PLACEMENT PROCEDURE

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

Insertion of a ureteral stent involves the placement of a very small straw-like tube that allows drainage of the urine from the kidney into the bladder. A stent is often used to keep the ureter from being blocked by stones, masses or swelling of the ureter that can occur after any ureteral procedure. In some cases, particularly in men, a catheter may be placed into the bladder at the end of the procedure.

### 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. 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 have an HMO insurance carrier, please obtain a referral from your primary care physician.

### DAY OF CYSTOSCOPIC PROCEDURE

It is common to have blood in the urine. Keep in mind that it only takes one drop of blood to make a whole gallon of water red. It is important to drink plenty of fluids to keep the bladder well flushed after the procedure. You may be given Percocet to alleviate discomfort.

### AFTER THE URETEROSCOPIC PROCEDURE

Blood in urine or bladder irritation may continue for a few days after the procedure which can be alleviated by rest, drinking plenty of fluids, Tylenol and certain medications (Percocet, Vicodin, Pyridium, and/or Prosed DS). Some degree of urgency to urinate and flank discomfort is to be expected.

To prevent infections you may be given an antibiotic to take after the procedure. You should contact our staff if you experience a temperature of 101° or greater. Other signs of infection may include increasing burning, frequency, and urgency of urination. If you are unable to urinate for more than 4 hours, or if you are having mostly blood in your urine that is dark thick maroon colored with clots please contact our office.

We may provide you with Pyridium that is a medication that can alleviate flank pain or burning with urination. This tiny pill that can be taken approximately every 8 hours as needed for burning. This medication will turn the urine to an orange-yellow color. It is also available over

the counter and no prescription may be necessary. Another similar medication used to relieve burning or flank discomfort is Prosed DS which can be taken up to 4 times a day. This can turn the urine green. Use these medications only as needed. Sometimes burning can be exacerbated by certain foods such as coffee, caffeinated substances, spicy foods and citrate products. In men, the prostate can become swollen and it can become increasing difficult to empty the bladder. Medications called alpha-blockers (Flomax, Hytrin and Cardura), are sometimes prescribed to prevent the inability to urinate. You will be provided this prescription if your physician feels that you are at an increase risk for this type of problem.

**IF A STENT IS PLACED, IT IS VITALLY IMPORTANT THAT YOU MAKE A FOLLOW UP VISIT TO HAVE YOUR STENT REMOVED.**

### **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)  
     for \_\_\_ routine follow-up  
     for \_\_\_ cysto and stent removal (stent ON / Off string)

\_\_\_ see nurse or \_\_\_ medical assistant in \_\_\_ day(s) or \_\_\_ week(s)  
     for \_\_\_ Foley removal in \_\_\_ day(s) or \_\_\_ week(s)  
     for \_\_\_ ureteral stent removal  
     for \_\_\_ other

\_\_\_ arrange for:  
     \_\_\_ KUB x-ray just prior to visit  
     \_\_\_ CT Scan with without contrast of the Abd Pelvis  
         in \_\_\_ day(s) or \_\_\_ week(s)

### **MEDICATIONS**

Take \_\_\_ Levaquin one daily until finished.  
     \_\_\_ Cipro twice daily until finished.  
     \_\_\_ Bactrim DS one twice daily until finished.  
     \_\_\_ Pyridium/or Prosed as directed.  
     \_\_\_ Vicodin one to two every 4 hours as needed for pain.  
     \_\_\_ Percocet one to two every 4 hours as needed for pain.

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 must contact the hospital anesthesiologist on call.

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