

INSTRUCTIONS FOR URETHROLYSIS OF A SLING
Academic Urology-Pottstown/Phoenixville
Daytime phone: 610-323-5550(Pottstown) or 610-935-9010(Phoenixville)
Emergency Phone after 5PM 610-792-2871

NATURE OF THE PROCEDURE

A cystoscopy and urethrolisis of a sling is performed to loosen the tension of a sling that was placed to correct urinary incontinence. In select cases the sling may cause incomplete bladder emptying. Hence, loosening of the sling will allow the patient to completely empty their bladder while still supporting the urethra and preventing stress urinary incontinence. The procedure is performed through a small opening, approximately 1 inch, in the vaginal wall. Approximately ½ inch of the sling material is excised. At the time of the procedure we would perform cystoscopy which means that a small telescope is inserted through the urethra to examine the inside of the urethra and the bladder. This is performed before and after the sling is loosened. The procedure time may range from 30-60 minutes. These procedures are generally performed under either spinal or general anesthesia. Success in terms of increasing the patient's ability to empty the bladder more completely while maintaining continence is high.

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 your 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/or a rectocele repair are 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.

AFTER THE PROCEDURE

After the operation you will have a catheter in place to help drain the urine from your bladder and a vaginal packing will also be in place. We recommend that you drink plenty of fluids. In most cases you will go home with the Foley catheter draining your bladder but the catheter will be in place for only 24 hours. You may experience spotting after this procedure. This is generally less than what you may have experienced after the sling procedure. This may resolve in approximately 1-2 weeks after the procedure.

AFTER THE PROCEDURE (CONTINUED)

During the first day after the procedure you will have the Foley catheter and vaginal packing removed. This can be done by coming into the office and having our nurse remove the catheter and packing. In some cases we may be able to arrange for a visiting nurse to come out to your home to remove the packing and the Foley catheter. In certain cases we may be able to instruct you on how to remove the Foley catheter and the vaginal packing. After the catheter is removed we recommend that you empty your bladder on a regular basis every 2-3 hours. We ask that you drink normal amounts of fluid. It is rare for a patient to experience an inability to empty their bladder, however if you find it difficult to empty your bladder it may be necessary to have a catheter placed back in temporarily.

We recommend that you do not do heavy lifting for one week. You must abstain from sexual intercourse for 6 weeks after the time of the procedure. You may be able to return to light duty and driving short distances in approximately 3-5 days after the procedure. However, you must consult with your urologic surgeon to determine the optimal time needed for your recovery.

Should you develop burning with urination, this can sometimes be a sign of infection and you should contact us. Should you experience a temperature of 100 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 ___Kalra in ___day(s) or ___week(s)

___see nurse in ___ day(s) for ___Foley removal and vaginal packing removal

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

___ Pyridium as directed for catheter irritation

___DO NOT TAKE PYRIDIDIUM WITHIN 12 HRS. OF CATHETER

REMOVAL

___ Cipro as directed