

Queen City Urology, APMC  
David C. Benson, MD, FACS  
500 N. Lewis St.  
Suite 270  
New Iberia, La. 70563  
337-352-2210

## **POST URETEROSCOPY/STENT PLACEMENT INSTRUCTIONS**

A stent is a small tube that is inserted into the ureter (tube between the kidney and bladder) to prevent or treat a blockage. This stent has a small curl that forms in the kidney, and a second curl in the bladder. The stent is positioned via x-ray guidance under anesthesia after treatment of your stone or other types of blockage to allow healing and prevent obstruction from swelling due to the procedure.

Despite the fact that no skin incisions were used, the area around the ureter and bladder is raw and irritated. The stent is a foreign body which will further irritate the bladder wall. This irritation is manifested by increased frequency of urination, both day and night, and also an increase in the urge to urinate. In some, the urge to urinate is present almost all the time. Sometimes the urge is strong enough that you may not be able to stop yourself from urinating. The only real cure for this is to remove the stent and then give time for the bladder wall to heal. This is typically not done until the danger of the ureter swelling shut has passed. (Varies from 2-21 days). Stent removal is typically performed under local anesthesia in the office. A small telescope with grasping forceps is used to remove the stent. *In some cases a string is left on the stent and is used to pull the stent out, avoiding this minor procedure.* The decision to leave a string on the stent varies based on particulars of the patients procedure and will be decided upon by your doctor.

You may see some blood in your urine while the stent is in place and a few days after removing the stent. This is expected. Get off your feet and push fluids until clearing occurs. **If you start to continuously pass clots or are unable to urinate call the office or if after hours go to the emergency room.**

### **DIET:**

You may return to your normal diet immediately. Because of the bladder irritation, alcohol, spicy foods, acidic foods and drinks with caffeine may aggravate your symptoms and should be used in moderation. To keep your urine flowing freely and to avoid constipation, drink plenty of fluids during the day (8-10 glasses).

***TIP: Avoid cranberry juice - very acidic!!***

### **ACTIVITY:**

Your physical activity does not need to be restricted. However, if you are very active, you may see some blood in the urine. We would suggest to cut down your activity under these circumstances until the bleeding has decreased.

## **BOWELS:**

It is important to keep your bowels regular during the postoperative period. Straining with bowel movements can cause bleeding. A bowel movement every other day is reasonable. Use a mild laxative if needed, such as Mild of Magnesia 2-3 tablespoons, or Dulcolax 2 tablets. If you had been taking narcotics for pain, before, during or after your surgery, you may be constipated. Take a laxative if necessary.

## **MEDICATION:**

You should resume your pre-surgery medications unless told not to. In addition, you will usually be given an antibiotic to prevent infection. These should be taken as prescribed until the bottles are finished unless you are having an unusual reaction to one of the drugs.

## **PROBLEMS YOU SHOULD REPORT TO US:**

- A. Fevers over 101.5 Fahrenheit
- B. Heavy bleeding or clots (see notes above about blood in urine)
- C. Inability to urinate
- D. Drug reactions (hives, rash, nausea, vomiting or diarrhea)
- E. Severe burning or pain with urination that is not improving.

## **FOLLOW-UP:**

You will need a follow-up appointment to monitor your progress. Call for this appointment at 337-352-2210 when you get home or from the phone in your hospital room before leaving. Usually the first appointment will be about 7-14 days after your surgery and your stent will probably be removed at this time. Follow up x-rays may be ordered by your physician. ***Please be sure to bring a disc with the films if they are done anywhere except Iberia Medical Center.***

**If you are having a problem or do not understand the instructions, please call the office during business hours, 9:00 a.m to 5:00 p.m Monday thru Thursday and 9:00am-12 noon on Friday. Be certain that you have an appointment to see your Doctor after hospital discharge. Lastly, be certain that you take any medications prescribed by your Doctor. If you should need a refill, please contact the office during normal business hours.**