

# STONE TREATMENT AND STENT

## Post Procedure Instructions:

Your recent stone surgery requires very little post-hospital care, however, your attention to the following instructions during your initial recovery will contribute to the success of the procedure.

### Terms

Ureter: the duct that transports urine from the kidney to the bladder. Stent: a plastic hollow tube that is placed into the ureter between the kidney to the bladder to prevent the ureter from swelling shut.

### Healing

Despite the fact that no skin incisions were used, the area around the kidney, ureter and bladder is raw and irritated. Some patients may have a stent placed to prevent blockage of the urine flow from stones or swelling of the ureter. The stent can irritate the bladder wall. The irritation may cause increased frequency of urination, both day and night and an increase in the urge to urinate. In some people, the urge to urinate is almost always present. Sometimes the urge is strong enough that you may not be able to stop yourself from urinating.

The stent will be removed once enough time has passed to allow the swelling of the ureter to resolve. Your doctor will tell you when to return to have the stent removed. Some patients may have a small thin black string coming out of the urethra (the tube your urine comes through). This string is connected to the stent and used to remove the stent when it is time for it to be removed. If this string retracts into the urethra and cannot be seen, do not worry. This is very common. It is also very common to see blood in the urine after the procedure. The bleeding will often persist until the stent is removed. It is important to drink a lot of fluids after the procedure to wash out any residual stone fragments and blood.

### Diet

You may return to your normal diet immediately. Because of the raw area around the kidney, ureter and bladder, alcohol, spicy foods and drinks with caffeine may cause some irritation or frequency 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).

### Activities

Your physical activity doesn't need to be restricted. However, if you are very active, you may see some blood in the urine. We suggest that you reduce your activity under these circumstances until the bleeding has stopped.

### Bowel Care

It is important to keep your bowels regular during the post-operative period. Very large and hard stools that require straining to pass can cause bleeding. You may be given stool softeners to prevent constipation. If needed, you may take a laxative such as milk of magnesia, Dulcolax.

### Medication

You should resume all of your pre-surgery medication unless your doctor tells you otherwise. In addition, your doctor will often provide an antibiotic to prevent infection and pain medication. You should take these as prescribed until the bottle is finished unless you experience problematic side effects from the medication. If you experience problematic side effects, call your urologist.

Call your urologist if you experience these problems

- Fevers over 101.5° F

- Heavy bleeding or clots (see section above about blood in urine) • Inability to urinate
- Drug reactions (hives, rash nausea, vomiting, diarrhea)