

# CYSTOSCOPY & URETERAL STENT

## FACT SHEET

### WHAT IS CYSTOSCOPY?

### WHY YOU NEED IT?

### WILL I BE AWAKE?

### PRIOR TO CYSTOSCOPY?

### WHAT IS A STENT?

### AFTER THE PROCEDURE

### STENT REMOVAL

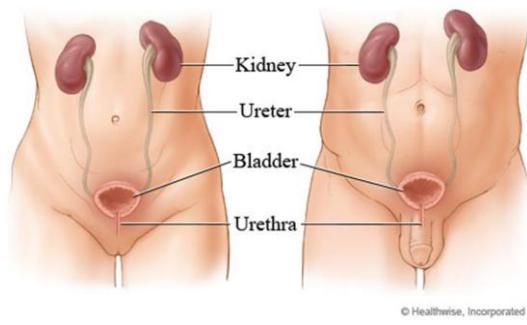
### CLINIC FOLLOW-UP

### QUESTIONS

- You currently have a **stent with strings**. Please follow the directions in the *stent removal* section
- You currently have a **stent without strings**. You will have your stent removed in the clinic or at a later date determined by your surgeon. Please disregard *stent removal* section.

### WHAT IS URETEROSCOPY?

Cystoscopy is an outpatient procedure where a small camera is placed into your urethra (the opening where your urine comes out) which allows your doctor to see into your bladder. Once inside your bladder, your doctor uses the camera to place a ureteral stent in your ureter (the tube which drains urine from your kidney to your bladder) as well as into your kidney.



© Healthwise, Incorporated

### PRIOR TO CYSTOSCOPY

Prior to your procedure you will have an appointment with Erlanger OR pre-testing to discuss specific medication instructions and review the plan for anesthesia. Since cystoscopy is an outpatient procedure, you will usually go home the same day.



### WHAT IS A STENT?

At the end of the procedure, your doctor will place a stent into your ureter. A stent is a thin, flexible piece of plastic that will hold open your ureter allowing passage of any small stone pieces and urine. This allows your kidney to drain easily and prevents blockage of your kidney that can result in pain. The stent is about 12 inches long and looks and feels like a piece of spaghetti.

### AFTER THE PROCEDURE

After the procedure you may experience the following symptoms. All of these are normal and should resolve within 1 or 2 days after your stent is removed.

- Urinary frequency (urinating more often than usual)
- Urinary urgency (the sensation that you need to urinate right away)
- Painful urination (this can be pain in your bladder or in your back when you urinate)
- Blood in your urine (a stent can irritate the lining of your bladder causing it to bleed)
- Back/Flank pain, especially with urination

**Anand Shridharani, MD**  
Men's Reproductive and  
Sexual Health Specialist  
Clinical Instructor  
Department of Surgery

**Academic Urology**  
961 Spring Creek Road  
Suite #202  
Chattanooga, TN  
**Phone (423)778-6941**  
Fax (423) 778-6936

THE UNIVERSITY OF  
**TENNESSEE**   
COLLEGE of MEDICINE CHATTANOOGA

**erlanger**  
Health System

(continued on back side)

You will receive a prescription for narcotic pain medication after the procedure. You will also receive a prescription for tamsulosin which you will take once a day for 2 weeks to help relax your ureter and decrease stent discomfort. You will also need to purchase a stool softener as the narcotic pain medication can make you constipated.

### **STENT REMOVAL**

In most cases, your doctor will leave strings attached to your stent. In males, the strings will be taped to your skin after the procedure. In females, the strings will be taped together hanging outside your urethra or tucked inside of the vagina. The strings will allow you to remove the thin flexible stent while you are at home. Normally, the stent can be removed 3-5 days after your procedure. Your doctor will direct you when to remove the stent.

#### **On the day you are supposed to remove your stent, do the following:**

- 1) As soon as you wake up in the morning, **take 1-2 pain pills with food.**  
**One hour later,** sit on the toilet or in the bath tub.
- 2) Take a deep breath in and while exhaling, pull the string slowly while you count 1-2-3.
- 3) Dispose of the stent in the garbage.

#### **1 to 6 hours after removing the stent:**

- You may get worse side or back pain.
- This pain could last up to 24 hours but should start to diminish approximately 12 hours after the stent was pulled out.
- You may also experience additional blood in your urine or pain with urination after the stent is pulled out.

#### **In order to decrease your pain after stent removal:**

- **Continue to take the pain medication for 12-24 hours.**
- You may also alternate taking ibuprofen with the pain pills if you have no medical reasons to avoid ibuprofen. For example, take Vicodin/Percocet before stent removal, 3 hours later take ibuprofen 600mg, 3 hours later take Vicodin/Percocet, etc.
- Stay as hydrated as possible with water, and avoid caffeinated beverages.

#### **WHEN TO CALL:**

- If your pain is not controlled by the pain meds and ibuprofen.
- You have continued vomiting.
- You have a temperature >101.4.

### **FOLLOW-UP**

An appointment will be scheduled for you to follow-up in the Urology clinic. This appointment usually takes place 2-6 weeks after your procedure. You may also be rescheduled for another stent exchange in 3-6 months. Your provider will instruct you when to schedule a follow-up appointment or the appointment will be made for you prior to leaving the hospital.

### **QUESTIONS**

If you have questions before or after your procedure, you can call the Urology clinic between 8 AM and 3:30 PM Monday-Friday at (423) 778-6941. If you are unable to reach us through that number please contact our practice's main number at (423) 778-5910. After hours and on weekends, you will be directed to the provider on call through the physician answering service.