



POST OPERATIVE INSTRUCTIONS FOR UROLOGICAL STENT PLACEMENT

- A responsible adult should be with you for the next 24 hours. Rest quietly for the remainder of the day.
- **DO NOT** drink alcohol for the next 24 hours or while taking any pain medication. **DO NOT** drive a car, make any legal decisions or operate machinery for 24 hours after having anesthesia or sedation.
- **SIDE EFFECTS OF ANESTHESIA:** You may experience nausea, sore throat, and drowsiness/
- **DIET:** Unless otherwise instructed, maintain a light diet for the remainder of the day. Begin with clear liquids and light food such as crackers. Progress to your normal diet if you are not nauseated. Avoid spicy, greasy, and fried foods for 24 hours. You may begin a regular diet the next day unless otherwise instructed by your doctor. For the next 24 hours, drink a lot of fluid. Drink at least 8-12 8oz glasses.
- **MEDICATIONS:** Take any prescribed medications from your surgeon. Side effects of narcotic pain medications include drowsiness and constipation. Increase your water and fiber intake to prevent constipation if taking pain medication. You may take stool softeners if needed.
- Expect to urinate more often. You may experience a burning sensation and have pink tinged urine for the next 2-3 days.
- If you have pain, take the medication prescribed by your physician. If your physician did not prescribe pain medication, you may take Tylenol.
- Follow up with Dr. _____ in _____ days.
- You can reach your doctor at () _____.
- Call the doctor's office for follow up appointment if you do not already have one scheduled.
- **If you experience any of the following symptoms, call your physician or seek medical help immediately:**
 - **Fever**
 - **Chills**
 - **Foul-smelling urine**
 - **Inability to urinate**
 - **Blood clots in your urine**
 - **Severe abdominal pain**
- Call your surgeon if you have any further questions or concerns.
- In case of emergency, such as chest pain, inability to urinate, or difficulty breathing, call 911 or go to your local emergency room.

Instructions Given By: _____

Patient Released To: _____ Date: _____