

(715) 847-2121 • (800) 283-2881

HOME CARE INSTRUCTIONS FOLLOWING URETERAL STENTS

ACTIVITY

As part of the surgery you had, a ureteral stent has been placed. A stent is a soft, narrow, hollow, plastic tube that is placed in the ureter, or the tube that carries urine from the kidney to the bladder. The purpose of the stent is to keep the ureter open and allow urine to drain to the bladder.

The stent is in place for only a short period of time, until the doctor feels any blockage is gone. Stents are placed for a variety of reasons. For patients that have had kidney stone surgery, the stent allows passage of fragments, preventing them to block the ureter. For patients that have had any form of surgery on the ureter, a stent may be placed to allow healing and to keep the ureter open until normal post-operative swelling is gone.

Sometimes a string is attached to the end of the stent and comes out of the body through the urethra, or the urine tube that leads from the bladder to the outside of the body. This string allows the stent to be removed by the doctor in the office, by simply pulling on the string. If a string is present, do not pull on it! Be careful while the string is present not to accidentally catch the string on clothing, towels, etc. This may cause the stent to move.

If there is no string present, a cystoscopy (looking into the bladder with a lighted instrument) will be performed. The end of the stent will be grasped by a surgical tweezers, and the stent will be removed. Both ways of stent removal cause minimal discomfort.

The following symptoms are normal and should be expected when a stent is in place:

- Back pain with urination
- Bladder spasms (pelvic burning/pressure or an urge to have a bowel movement)
 - * If you have this discomfort you should take your bladder spasm medication. You can also take your pain medication as your doctor prescribed.
- Blood in the urine. When this happens drink plenty of fluids and get adequate rest.
- Frequency (urinating often), and urgency (a sudden strong need to urinate).
- If you have a string and it appears to have gone into the bladder, do not worry. It may come back out when you urinate, or, it can be grasped during a cystoscopy.

Call your doctor if the following symptoms occur:

- You develop a fever over 100.6°.
- You have excessive bleeding or large blood clots in your urine.
- You have persistent nausea or vomiting.
- You can see the end of the stent (not the string) coming out of your urethra.