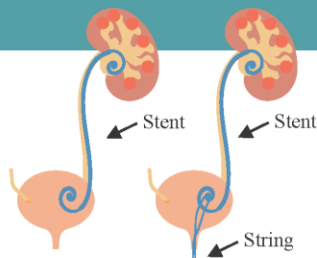


Ureteral Stent: What to expect and how to manage

What is a stent?

A ureteral stent is a plastic, flexible, hollow tube that helps the kidney drain urine after kidney stone surgery.



When is a stent needed?

A stent is placed if your urologist thinks the urine might not drain well after kidney stone surgery. Stents are often placed to stop stone fragments or blood from blocking urine leaving the kidney and to prevent spasms in the ureter. Stents can be left with or without a string.



What can I expect with a stent?

It is very common for stents to cause symptoms following surgery. You may experience some of the following:

- Urinary frequency and urgency
- Burning or pain in your lower back during urination
- Blood in the urine
- Sensation of incomplete emptying of the bladder
- Discomfort or pain in the bladder, lower abdomen and/or lower back



How to manage stent symptoms?



Drink plenty of fluids



Pain medication can be helpful in reducing discomfort or pain



Medications like Tamsulosin (e.g., Flomax) have been shown to reduce pain



Use a heating pad or take a warm bath for relief of pain

Will this affect daily activities?



Physical Activity: You may restart your normal physical routine. If you see increased blood in your urine when you become more active, get off your feet, rest, and drink plenty of fluids.



Work Activities, Social Life & Travel: Having a stent should not affect work activities, social life, or travel. If you experience urinary symptoms, you may need to use the bathroom more often.



Sex: Having a stent should not affect your sex life. However, if you have a stent with a string coming outside the body through the urethra, sexual activities may be difficult.

Most patients have some of the symptoms, but they usually go away once the stent is removed.

How is the stent removed?

- Your stent is often removed within the first two weeks in the doctor's office.
- If the stent was left with a string, you can remove it at home or have your doctor's office remove it.
- Before the stent is removed, drink plenty of water and take pain medication.



What can I expect after the stent is removed?

While most patients do not experience any symptoms after the stent is removed, some patients experience cramping due to bladder or ureteral spasms which may lead to feelings of nausea or urinary urgency. **This is not unusual and will pass with time.**

Continue to drink a lot of liquids and keep taking your pain medication as directed. Some doctors may prescribe medications to help alleviate these symptoms.



When to call your doctor?



Chills, fever higher than 101.5°F



Nausea, vomiting and unable to drink or keep down liquids



Severe pain that is not relieved by pain medication



Difficulty or inability to urinate



Constantly leaking urine



The stent falls out

Remember

These symptoms are **common**, and do not require medical help. They will pass with time:

- Pain or discomfort
- Urinary frequency or urgency
- Burning or pain during urination
- Blood in urine
- Sensation of incomplete emptying of the bladder

If you are still concerned, please contact your doctor's office.

If you have questions during regular business hours, call the
Lahey Urology at Parkland Medical Center office:
(603) 421-3663

After hours, please call Lahey Hospital and ask to speak with the
Urology Resident on call:
(781) 744-5100