



Ureteric stenting

Discharge Instructions

A ureteric stent is put in to relieve a block in your ureter in order to help your kidney drain urine.

What is a ureteric stent?

The reason for a ureteric stent is either to relieve a block in your ureter or to help your kidney drain urine. The ureter (see diagram) is the tube draining urine from each kidney into the bladder. A ureteric stent (see diagram) is a thin plastic tube that sits inside the ureter, going from the kidney to the bladder, that lets urine drain freely.

How long must I have the stent?

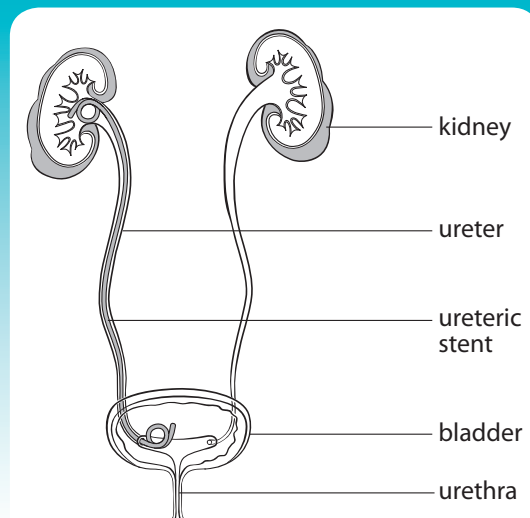
A ureteric stent is not permanent. You may have a stent for a few days or several months. The stent eventually **must be removed or replaced** as it can become blocked with body waste.

Will I have symptoms when I have a stent?

Although some patients don't notice a difference with a stent in place, others may have some of the following symptoms.

- It is not unusual to have some bladder ache or pain, especially when urinating.
- You may feel that you must urinate immediately or urinate more often
- You may see small amounts of blood in your urine
- You may pass small blood clots.
- You may have mild backache when you urinate. This is not harmful. It is related to backflow of urine toward the kidney through the stent (urine usually moves from kidney to bladder, not bladder to kidney). This happens when urine bypasses the special one-way valve that normally stops such backflow.
- It may seem that these symptoms (which are normal) get worse with physical activity* because the stent may irritate the bladder. *You may need to limit strenuous physical activity while a ureteric stent is in place.

Diagram of the kidneys and ureteric stent



How will I manage these symptoms?

- Acetaminophen (e.g., Tylenol™) or ibuprofen (e.g., Advil™) will usually control any ache or pain
- For a more serious ache or pain, your physician may prescribe a stronger painkiller, such as acetaminophen with codeine (Tylenol #3™).
- Frequent or really strong urges to urinate, may be relieved by using medication that relaxes urinary muscles, such as oxybutynin (Ditropan™), tolterodine, (Detrol™), or tamsulosin (Flomax™).

Although symptoms related to your stent may be upsetting, they do not cause any serious physical damage and will disappear once the ureteric stent is removed.

When should I call my doctor?

- If you develop a high fever.
- If it becomes hard or uncomfortable to urinate.
- If the medication that you have been prescribed no longer controls your pain
- If you find that you are constantly leaking urine.

When will the stent be removed?

Your doctor will let you know what will happen next with your investigation or treatment.

Your stent must be removed at some point. Please make sure that you have an appointment with your urologist when it is time to do so.

Notes / Diagrams:

Follow-up

Date of stent placement: _____

Please contact your urologist's office within the next week to arrange for a follow-up appointment in _____ weeks/months.

or

Your follow-up appointment has been arranged for _____ (time) on _____ (date) at _____ (location)

Remember you must have your stent removed.

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