

Having a Ureteral Stent

After Urological or Endoscopic Surgery

My stent was inserted on:

My stent is to be removed/replaced on:

My urologist is:

Phone:

Having a Ureteral Stent

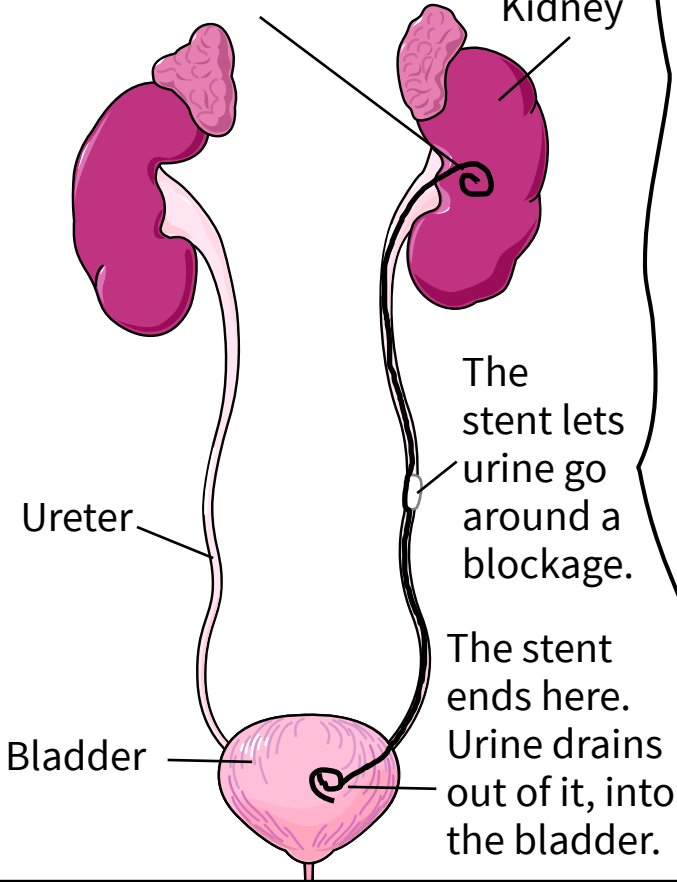
What is a ureteral stent?

- A ureteral stent is a long (about 25 cm) hollow tube that is placed in the ureter (tube that drains urine (pee) from the kidney into the bladder). It goes from the kidney to the bladder and has a coil at both ends to keep it in place. It is usually used after urological surgery (surgery on the kidneys, ureters, bladder and urethra).
- The stent helps urine pass through the ureter. It helps to drain the kidney of urine after surgery, heal the ureter, and lower the risk of complications, such as blockage of the ureter due to swelling, a blood clot, or a kidney stone. It can also help with passing small kidney stones after surgery.

What are your questions?

Please ask. We are here to help you.

The stent starts here.
Urine drains into it to
leave the kidney.



Kidney

Ureter

Bladder

The
stent lets
urine go
around a
blockage.

The stent
ends here.
Urine drains
out of it, into
the bladder.

How long will I have the stent?

The stent can stay in for a couple of days, up to 3 months at a time.

If you have had a stent for more than 3 months, contact your urologist about removal or replacement.

How is the stent put in?

The stent is put in during a cystoscopy (procedure to see inside the bladder and urethra) using a scope (special tube with a small camera on the end). The urethra is the tube that drains urine from your bladder.

How do I take care of my stent?

Follow your urologist's instructions. Remember to:

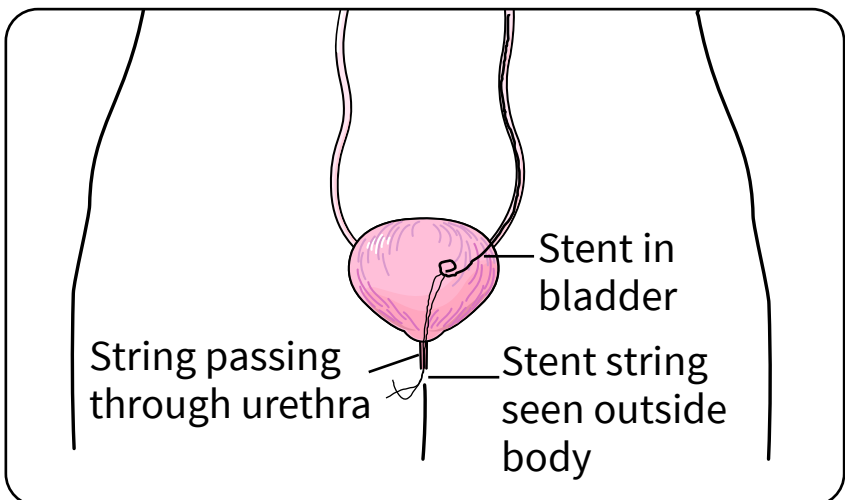
- › drink plenty of fluids.
- › take pain medications and any other prescribed medications to help with discomfort from the stent and surgery.

How is a stent removed?

Your doctor may or may not leave a string attached to your stent.

If you have a string, the string will be hanging out of your urethra. Your doctor may tape the string to your leg or belly. **Be careful not to pull on or snag the string**, as this can move the stent. Your doctor will tell you when to remove the stent. When it is time to remove the stent, pull on the string until the stent comes out. The stent will come out with the string.

If you do not have a string, you will be booked into the Clinic for a short procedure called a local cystoscopy. Your doctor will place numbing gel in your urethra so that you will not feel any pain. They will then pass a cystoscope (flexible camera) into your bladder to grasp the coil of the stent and gently pull it out of the urethra.



What are the possible side effects?

The stent is designed to let you live as normally as possible. Do not worry if you can feel the stent during some activities. Most side effects are not a danger to your health or kidneys.

Side effects may include:

- **Discomfort or pain**
 - › This is usually a dull ache in your sides and groins which may get worse when you urinate (pee).
- **Blood in your urine**
 - › This is normal. Drinking fluids can help lower the chance of blood clots forming in your urine.
- **Urinary tract symptoms**
 - › These may include a burning feeling when you urinate or move, or bladder muscle spasms (pelvic cramping).
- **Urinary incontinence symptoms**
 - › These include urgency (feeling like you have to urinate right now), frequency (feeling like you have to urinate all the time), leaking urine (not being able to make it to the toilet in time), or feeling like you cannot empty your bladder completely.
- **Nausea (feeling sick to your stomach) and occasional vomiting (throwing up)**

Can a stent move out of place?

A stent does not usually move. If it does move, you may have leakage and need to wear a pad. This is not life threatening. If your stent has a string, you will usually be told to remove it. You can also contact your primary health care provider or go to the nearest Emergency Department. Very rarely, a stent may move and need to be removed or repositioned.

Will a stent affect my daily activities?

The side effects of a stent may affect your regular activities for several days. After that, most patients are able to go back to their usual activities.

- **Physical activities and sports**

- › You can be physically active, but you may have some discomfort or blood in your urine. It is important to rest if physical activity makes your symptoms worse.

- **Work**

- › You can keep working as usual.

- **Social life**

- › A stent does not usually affect your social life. If you have urinary incontinence symptoms, you may need to use the toilet more often.

- **Sex**
 - › If you have a stent with a string, do not have sex until the stent is removed, as sex may move the stent. If you have a stent with no string, you can have sex.
- **Travel**
 - › You can travel with a stent, but you should check with your doctor first.

Does a stent increase my risk of urinary tract infections (UTIs)?

A stent does not increase your risk of UTIs. It may actually lower your risk of infection by letting urine pass out of your body.

When you have a stent, your urine dip test might suggest an infection and there may be blood in your urine. This is normal. Your doctor will treat this based on your symptoms and/or test results.

Go to the nearest Emergency Department if you:

- › have a fever over 38° C/100.4° F, or chills.
- › have pain that you cannot handle or that is getting worse even with pain medications.
- › are not able to eat or drink.
- › have excessive (a lot) blood in your urine which looks like ketchup (red, thick, and solid) and you cannot see through the blood.
- › are having trouble urinating or emptying your bladder.

Some blood in your urine is normal after this procedure. The colour of your urine may range from light pink to reddish or even brownish, but you can usually see through it.

Medications to help with the burning feeling may turn your urine orange or blue.

If you have a stent without a string that needs to be removed in the Clinic and **you have not received an appointment within 2 weeks, contact your urologist.**

This pamphlet is just a guide. If you have questions, please talk to your health care provider. We are here to help you.

