



Ureteral Stent Placement Discharge Instructions

Information:

A ureteral stent is a flexible, thin hollow tube that is placed in the ureter to allow urine to drain from the kidney to the bladder. The stent is usually 5 to 12 inches long. Stents are placed when there is a blockage in the ureter and the flow of urine is obstructed. This is done as an outpatient procedure.

The stent can stay in place for a few days or up to several months, depending on the indication for which it was placed.

Possible Side Effects of Stents:

- Blood in the urine. This can be tea colored, pink or bright red; you may even notice some clots. The blood may come and go while you have the stent; this is normal. If you have bright red blood that is very thick and lasts most of the day, you should contact your provider.
- Pain. There can be flank, side or back pain due to the stent. It may be worse with movement. There are medicines that can help with pain management.
- Urinary urgency and frequency. You may notice you have to urinate very quickly and very often. There are medications to alleviate these symptoms.
- Burning with urination. You may experience this with a stent. Medications can help with these symptoms.

Bathing & Wound Care (If you still have an external tube):

- Inspect the external tube often for kinks, especially if the dressing is wet and leaking urine.
- If your tube is still hooked up to a bag, keep the nephrostomy bag below the insertion site so it will drain easily.
- **Do not** clamp or cap your tube unless specifically instructed to do so by the doctor or team that placed the tube.
- It is okay to shower 24 hours after the procedure. Gently wash the site with soap and water, do not scrub. Do not bathe or soak in the bathtub, use a spa, or go swimming for the duration of your tube being in place.
- The dressing should be changed at least every two days and after every shower. Because it is usually located on your back, help from a family member or friend may be needed.

Occasionally, a situation will require prompt attention and an emergency room visit is necessary:

- You have shaking chills or a temperature over 102°F
- Chills
- You urinate very little or not at all
- You have severe pain in your abdomen, even after taking medicine
- You have heavy bleeding from your urethra

If you received Conscious Sedation (IV sedation) and are discharged the same-day:

- You must have someone drive you home when you leave the hospital.
- For 24 hours after your procedure, do not do anything where you need to be mentally alert. This includes making important decisions, operating machinery, signing important papers, etc.
- Eat light for the first 24 hours, and then start eating more as you are able. Drink plenty of fluids.
- If you are taking pain medications:
 - Take as directed

- Do not drink alcohol while taking narcotic pain medication
- Do not drive
- If you are constipated, drink more fluids and eat more fiber. You can also use an over-the-counter stool softener.

For any questions please contact Oregon Interventional Radiology clinic at 541-618-5801

In all emergency situations call 911