



## HOME CARE OF YOUR URETERAL STENT

### **What Is a Stent and Why Do You Need It?**

A stent is a plastic hollow tube that is placed into the ureter, from the kidney to the bladder, to prevent the ureter from swelling shut and to allow your kidney to drain freely.

### **What to Expect**

- You may have some pain on the side your stent has been placed. You may also have increased frequency of urination and the urge to urinate.
- You may see some blood in your urine periodically while the stent is in place. Rest and drink plenty of fluids until clearing of your urine occurs.
- If your stent has a string attached to be very careful not to pull on the string. (This string will be used to remove your stent)

### **Activity**

- You can do your usual physical activities. With increased activity you may see blood in your urine.

### **Diet and Elimination**

- Some foods may further irritate the bladder and ureter including: alcohol, spicy foods, acidic foods, and caffeinated drinks.
- Drink plenty of fluids during the day....at least 8-10 glasses.
- Use a mild laxative if needed to avoid straining with bowel movements.

### **Call our Office if:**

- Heavy bleeding or clots.
- Fever above 101.5 F.
- Severe pain or burning with urination that is not improving or inability to urinate.
- Increasing flank pain with no relief.
- Drug reaction such as hives, rash, nausea and/or vomiting.