



Adult and Pediatric Urology

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.