**HOME CARE OF YOUR URETERAL STENT**

**What Is a Ureteral 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 so that your kidney can 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, you need to be very careful not to pull on the string. (This string will be used to remove your stent when ordered by your physician to do so)

**ACTIVITY & RESTRICTIONS:**

* You can resume your usual physical activities as tolerated. With increased activity, you may see increased blood in your urine. If this happens, decrease your activity level and increase your fluids.

**DIET & ELIMINATION:**

* Some foods may further irritate the bladder and ureter including: alcohol, spicy foods, acidic foods and fluids such as fruit juices, caffeinated drinks.
* Drink plenty of fluids during the day… at least 8-10 glasses. This will also help prevent a urinary tract infection.
* Use a mild laxative if needed to avoid straining with bowel movements.

**WHEN TO CALL OUR OFFICE:** Call our office anytime with questions or if any of the following occur

* 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