

# Urinary Stent Placement

## After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

## Your Surgery

During surgery, a stent may be placed in your ureter. The ureter is the tube that drains urine from your kidney to your bladder.

The stent is placed to dilate (open) the ureter so pieces of kidney stones can pass easily through the ureter or to decrease swelling.

The stent is made of rubber. Usually, the upper end of it curls into your kidney while the lower end rests in your bladder.

## Before the Procedure

- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy
  - have diabetes
  - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the procedure.

## Pain Relief

- Follow your health care provider's directions for prescription and over-the-counter pain medicines.

## Symptoms You May Have

While the stent is in place, you may have the following symptoms:

- blood in your urine
- bladder spasm (having the need to urinate often and right away)
- discomfort or aching feeling in your back or side where the stent is placed
- burning or discomfort at the end of urinating.

## Activity

- Stay quiet for the rest of the day.
- Alternate rest with activity.
- Slow your activity (if you have discomfort in your back or side).
- Avoid tobacco and secondhand smoke. They can slow your recovery.

## Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Drink more fluids.
- Avoid alcohol while you are taking prescription pain medicine.

## When To Call Your Health Care Provider

Call your health care provider if you:

- have a temperature of more than 101 F
- have severe pain not relieved by pain medicine or rest
- cannot urinate
- have a lot of bleeding while you urinate
- any questions or concerns.

## Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.