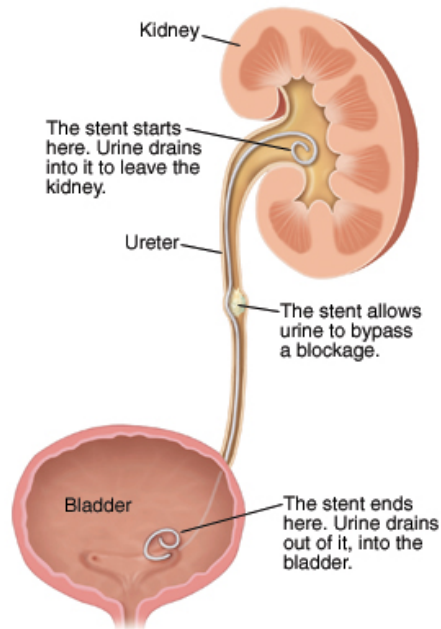


# Ureteric Stent Information

## What is a ureteric stent?

A ureteric stent is a hollow tube made of a flexible plastic material. It is designed to stay in the ureter (the tube that connects your kidney to your bladder) by having a coil at each end. The top end lies in your kidney while the lower end is inside your bladder.



## What does a ureteric stent look like?

A ureteric stent looks like this!



## Why is a ureteric stent placed?

A ureteric stent is placed for many reasons. Common reasons include:

- Kidney stones (or stone fragments) - a ureteric stent is placed to relieve blockage of the kidney due to a kidney stone. You may have a stent after treatment of a kidney stone to allow the ureter to heal and allow small fragments to pass.
- Stricture (narrowing) of the ureter – a stricture can occur anywhere in the ureter for several reasons. A stent allows the kidney to drain urine.
- Kidney infection combined with blockage of the ureter – a ureteric stent is placed to drain infection. Further surgery/treatment may be required in the future to address the cause of the blockage (eg. a stone in the ureter)
- Blockage of the ureter from various causes. An example of this is a tumour causing blockage of one or both ureters.

### **Is a ureteric stent permanent?**

Most ureteric stents are **temporary!** It is important to ask your urologist how long you will have your stent for. Most people only have their stent for a few weeks. If you require long term stenting, it is possible that your stent will need to be exchanged. Your urologist will tell you how often you will need a stent exchange.

If a stent is left in for a long time (typically over 3-6 months), it can form stones on each end, making it very difficult to remove without further surgery. **Always clarify with your urologist how long you will need to have your ureteric stent.**

### **Does it hurt to have a ureteric stent removed?**

It may sound like ureteric stent removal will be painful, but it does not usually cause distressing levels of pain. Some discomfort may be experienced during the procedure, but your urologist will do their best to be gentle and cause the least amount of pain possible. Most people tolerate this procedure very well. Ureteric stent removal is performed with a small camera called a cystoscope. Most people do not require anesthetic for stent removal. For more information about cystoscopy, review our information sheet at <https://www.frederictonurology.com/forms>.

### **What should I expect after ureteric stent insertion?**

If you had a general anesthetic, you require a drive home and to have an adult with you for 24 hours. Do not drive, operate machinery, drink alcohol, or make important decisions for 24 hours after surgery.

After 24 hours have passed, you can resume regular activities, including work, exercise, and sex, unless you are directed to do otherwise by your urologist.

When a ureteric stent is in place, you may experience symptoms such as:

- Blood in your urine – typically small amounts
- Burning when you urinate
- Pain in your flank of bladder area during urination
- A desire to urinate more often
- A feeling you cannot hold your urine very long after you have an urge to urinate

These symptoms will likely persist until the ureteric stent is removed.

### **What are potential complications of ureteric stent insertion?**

The most common complication after stent insertion is urinary tract infection. Symptoms of a bladder infection include: urinating frequently, being unable to hold your urine for a long time, burning with urination, and urinary leakage. With an infection, you may feel unwell. Serious infections may have the same symptoms as a bladder infection, but also fever, chills, and flu-like symptoms.

You may experience excessive pain with a ureteric stent in. The pain may feel like the pain of passing a kidney stone. To help with pain after surgery, take acetaminophen (Tylenol) 975 – 1000 mg and ibuprofen (Advil) 400 mg every six hours as needed. **If you have an allergy to one or both medications, do not take them. If you are on a blood thinner, aspirin, or have a history of stomach ulcers or kidney failure, do not take ibuprofen.** If your urologist gave you a prescription for pain killers, use them as directed.

Rarely, bleeding can lead to passing clots and excessive blood loss.

**If you feel you are experiencing a complication, you should contact your urologist. If they are unavailable, you should present to your local emergency department if you require immediate attention. Be sure to tell the nurses and doctors in the emergency department that you recently had surgery and had a ureteric stent placed.**