

Having a Ureteral Stent

A guide for patients and families

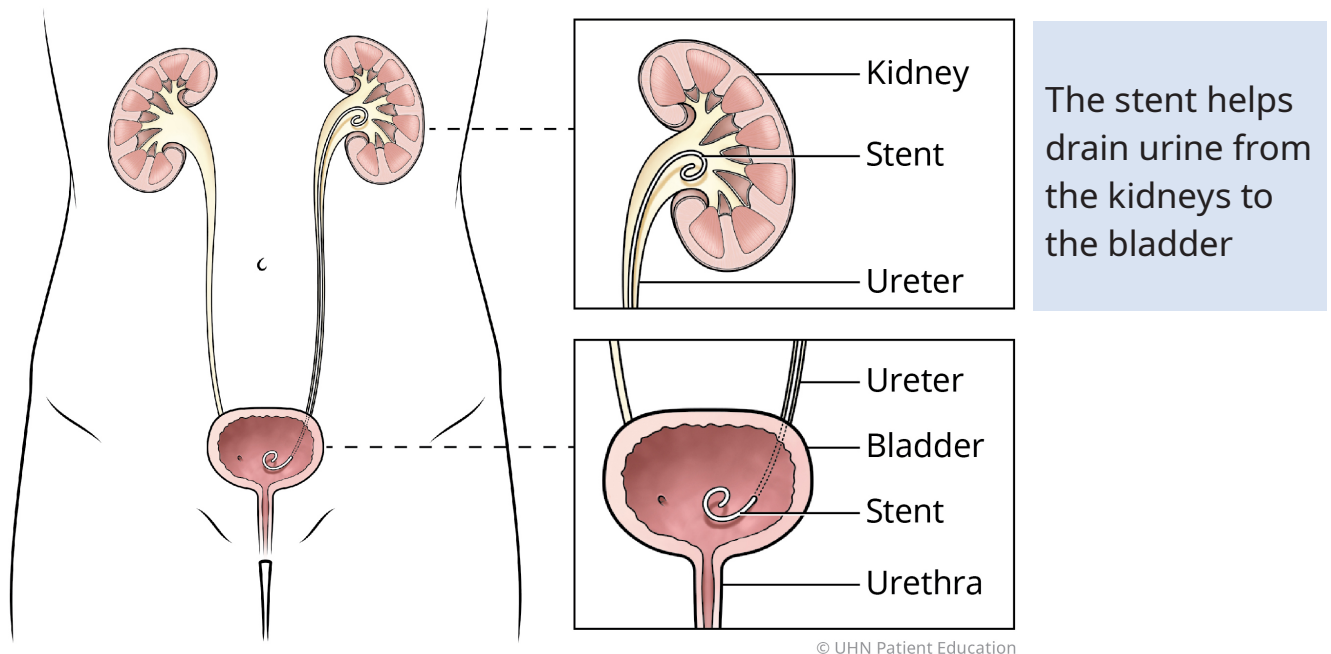
Read this brochure to learn more about:

- Why you need a ureteral stent
- What to expect after the stent is inserted
- When to call the doctor



What is a ureteral stent?

A ureteral stent is a soft, plastic tube with curled ends. It is placed in the ureter to help drain urine from the kidney to the bladder. The stent is held in place by curling one end into the kidney and the other end into the bladder.



Why do I need a ureteral stent?

You need a ureteral stent to relieve a blocked ureter. The blockage may have been caused by:

- scar tissue
- surgery
- swelling
- growths inside the ureter or pressing on the outside of the ureter
- kidney stones

Having a stent is **temporary**. Your doctor will discuss how long you can expect to have the stent in place.

What can I expect after the stent is inserted?

- You may have a small amount of blood in your urine (pee) for 2 to 5 days.
- Blood makes your urine look pink or red.
- The end of the stent may irritate your bladder, making you feel the need to pass urine more often.
- You may have a thin string coming out of your urethra. This is attached to the stent. Do not pull the string as this will move the stent out of position. Your doctor will use the string to remove the stent.

What should I do while the stent is in place?

- Drink plenty of fluids, unless your doctor tells you not to. Aim for 6 to 8 (8 ounces) glasses of fluid a day. This is about 1.5 to 2 litres. Water is the best fluid to drink.
- You may have a bath or shower. Wash between your legs each day with mild soap and water. For patients with a urethra, pat dry the area around the urethra after passing urine or having a bath or shower.

What follow-up care do I need?

- Your doctor's office will give you a follow up appointment to have the stent checked, changed or removed. Stents are checked about every 3 to 4 months.
- When you no longer need the stent, your doctor will remove it. Removing the stent takes about 10 seconds if there is a string, and about 5 minutes if there is no string.
- After the stent is removed, you may have a burning feeling when you pass urine. Drink a few extra glasses of water that day to ease the burning.



When should I call the doctor?

Call your doctor if you notice any of these problems:

- Pain in your side or kidney area (flank pain) that is not getting better.
- Chills and/or fever. A fever is a temperature above 38°C (100.4°F).
- Passing urine more often than usual.
- There is still blood in your urine 5 days after the stent was put in.



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