



Urological Associates, P.C.

of the Iowa and Illinois Quad-Cities Region

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Guide to Stent Placement

A stent was placed in one of your ureters due to inflammation, which can lead to swelling. If the ureter swells closed, urine cannot get from the kidney to the bladder, which can cause problems. To help prevent this, your urologist placed a stent. Stents are temporary and should not remain in place more than three months.

Things to know:

- Pain/Discomfort on the side with the stent or in lower abdomen is VERY common:
 - We recommend heat with a heating pad or bath/shower.
 - Pain medications – either prescription or over-the-counter, follow the directions.
 - Drink a lot of hydrating fluids/water. This helps flush out the irritants causing the inflammation.
- Blood/Blood Clots:
 - You may notice an increase in bleeding/clots after activity. Rest and drink hydrating fluids.
 - If the blood is frank (tomato soup like), call the office. Otherwise, keep drinking a lot of water/hydrating fluids.
 - With a clot(s), if you are able to void, keep drinking lots of water/hydrating fluids. If you cannot urinate, call the office or if after hours, go to the emergency department.
- Leaking of urine:
 - Intermittent leaking is typically from the stent irritating the bladder. It is usually best treated with medication.
 - If you are experiencing abnormal leaking, please call the office.
- Urgency and/or Frequency:
 - While the stent is in place, you may notice an increase in urinary urgency and/or frequency. This is normal.
 - Within 24 to 48 hours after stent removal, you should return to your baseline urinary pattern.

- After removal:
 - Burning, stinging, and/or blood in urine can all occur after removal. Drink lots of water/hydrating fluids. Your symptoms should improve over the course of the day and with fluid intake.
 - If you notice that a certain activity causes more bleeding, hold off on that activity for a day, drink lots of water, and slowly increase your activity level. Most people are back to unrestricted activity within 24 hours of stent removal.
 - Transient bleeding can occur for up to two weeks after stent removal. If you experience blood in your urine after two weeks, call the office.
 - If you are experiencing leaking of urine, this should improve as the stent is no longer causing irritation.
 - Pain/discomfort in the lower abdomen and/or flank should improve. Use of heat, pain medications, and rest are helpful.
- KEEP your follow-up appointment.
 - If you don't know when/how you need to follow-up, call the office.

Please call the office with any questions or concerns!