

Ureteral Stents

SUNA Postoperative Care Task Force

Overview

- A stent is a hollow plastic tube that lies within your ureter (the passage connecting your bladder to your kidneys).
- The stent is held in place by coils at each end, which sit in the kidney and the bladder.
- Unblocking the kidney prevents a build-up of pressure that causes pain and may damage the kidney.
- Important note: Your stent is temporary and cannot stay in permanently.
- In most patients, the stent is required for a short time only – usually 4 to 6 weeks.
- The stent is usually removed under local anaesthesia; an instrument is inserted into the bladder via your urethra, and the stent is gently removed while you are awake.

Indications

- This internal tube is placed in your ureter to bypass a blockage caused by a stone, a narrowing of the ureter, or swelling after an operation.

What to Expect with a Stent

Risks

- Most patients will be aware of their stent but will not experience any problems. Some patients may have moderate side effects, and a few may experience more severe side effects. Most symptoms or side effects will decrease over time.
- Symptoms or side effects may include:
 - Discomfort, irritation, pain, or burning feeling when you pass urine. This may increase after activity.
 - Frequency – You may feel the need to pass urine more often.
 - Urgency – You may need to pass urine more urgently.
 - You may have a small amount of blood in the urine. This may increase after activity.
 - You may feel pain in the side (kidney pain) when passing urine.

- Drink plenty of fluid. This will ease the discomfort caused by the stent.
- You may be given medication to help with pain and spasms caused by the stent. Take as directed. The medication will help the discomfort.

Complications/When to Call the Provider

- Fever (greater than 101 degrees F) or chills. This may indicate an infection.
- Pain that is not controlled with medication.
- If you are unable to urinate.

**If you are unable to reach the office and need immediate assistance, please proceed to the nearest Emergency Department.

Resources

- Ucuzal, M., & Serçe, P. (2017). Ureteral stents. *Holistic Nursing Practice*, 37(2), 126-132. <https://doi.org/10.1097/hnp.0000000000000200>
- Urology Care Foundation. (2021). *Ureteral stents – What you should know*. <https://www.urologyhealth.org/healthy-living/care-blog/2021/ureteral-stents-what-you-should-know>

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We hope you and all your family members may benefit from these handouts.

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