

## **Ureteral Stent discharge instructions (may be copied into a shared EPIC dotphrase):**

### **What can I expect from having a ureteral stent?**

Most individuals find that having a ureteral stent after surgery for kidney stones can be irritating but is nothing like the pain of having a kidney stone. Most are able to go back to work without restrictions. Patients usually described being able to “feel” the stent in place when bending, lifting or twisting. This is common. You may experience flank and groin pain from the stent. After the procedure, you will be prescribed a number of medications that may help with this pain. It is important to take the medications as instructed. Some medications work better for stent pain in certain people than others, so it is important to find a regimen that works for you. It is important to keep taking over-the-counter Tylenol (acetaminophen) and the nonsteroidal anti-inflammatory drug (NSAID) as instructed unless your doctor has recommended against taking these medications.

Because of how the stent sits in your bladder, it may cause feelings of having to urinate more than you usually do. There may be some mild burning with urination. It can also cause blood in the urine (hematuria). Blood in the urine is like food coloring: It only takes a few drops to make it look bright red. You may notice anywhere from light pink clear urine to something resembling Kool-Aid. This is common and can be expected from the stent. Blood in the urine can go away and then come back spontaneously while the stent is in place. Increase the amount of water you are drinking and make sure you stay hydrated. Please call us if you start passing clots in your urine greater than a dime to quarter in size.

You may also notice pain in your flank when you urinate. This is because the stent allows urine to travel back up to the kidney and can cause kidney irritation. This will resolve when the stent is removed.

Irritation from the stent can persist even after the stent has been removed. This is because removal of the stent can cause temporary swelling of the tube (ureter) connecting the kidneys to the bladder. This usually resolves within 24 hours after the stent has been removed. If it continues please give us a call.

Once the stent has been removed, you may stop taking the tamsulosin (Flomax) prescription unless you already take it on a regular basis.

### **How long will the stent remain in my body?**

The stent will remain in place for approximately 5-7 days. It will be removed in the office. The procedure to remove it does not require any anesthesia and takes about 1 minute. A flexible camera scope is placed into the bladder allowing the surgeon to see the stent and remove it. This is generally extremely well tolerated.

### **What are things to look out for?**

Please call us if you experience any of the following:

- Urinary retention (no urination for >6 hours)
- Fever greater than 101.5 F
- Passing clots larger than a dime, or dark purple urine that resembles grape juice
- Pain that is not controlled by medications provided
- Significant pain not controlled by medications lasting more than 12 hours after stent removal

### **Appointments:**

Please see @ATTPROV@ in 1 week for stent removal in the office. Our office will call in the next few days to confirm an appointment time. If you do not hear from us in one week, please call \*\*\*.

## **Instructions for PACU Nursing staff:**

### **Diet:**

Resume preoperative diet

### **Activity:**

Activity as tolerated

It is normal to have pain associated with the ureteral stent. This pain may be worse with activity or movement.

### **Driving:**

No restrictions

### **Skin/Wound Care:**

Resume normal skin care.

### **Bathing:**

No restrictions

### **Pending Results:**

Stone analysis

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