

Ureteric Stents

A guide for patients

You have had an indwelling ureteric stent inserted. This is a narrow, flexible, hollow tube which is placed from the kidney to the bladder through the ureter. The stent will allow urine to pass from the kidney to the bladder, may ease the passage of stone fragments if these are present and will prevent any swelling at the lower end of the ureter from obstructing the kidney.

The presence of an indwelling ureteric stent is often associated with the following symptoms:

- **Blood in the urine** - This is a common symptom experienced by patients with ureteric stents. This is often present for a few days after surgery and then subsides. It is naturally alarming but is not dangerous. It may be brought on by vigorous physical activity and by certain positions such as bending over. It is important to drink 6-8 glasses of water a day to help the bleeding to clear. If the bleeding is becoming heavier or you are passing clots please contact me to discuss it.
- **Kidney pain** - This may occur on passing urine and is due to urine being flushed back to the kidney as the bladder contracts. Restricting physical activity and avoiding a very full bladder may alleviate this pain and it usually diminishes after 3-4 days after surgery. You are welcome to take panadol, panadeine or brufen for this pain.
- **Bladder Irritation** - Part of the stent is curled up in the bladder. This will cause irritability in the bladder to a varying degree and often lead to the feeling of needing to pass urine more frequently.

You should remember that all of these symptoms will disappear upon removal of the stent.

If the bleeding is heavy, if you develop a fever or if the pain is very severe, please contact me via my rooms or the hospital switchboard.

Placement of the stent is temporary and it has been done to prevent your kidney becoming obstructed. It will be removed under local anesthetic in a procedure that takes 5 minutes.