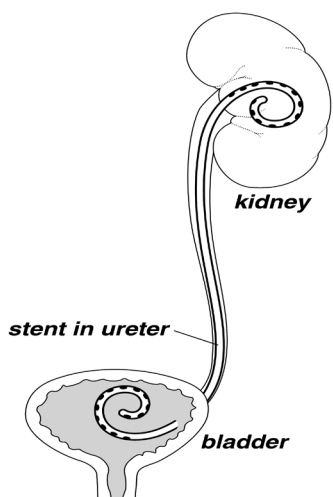


Ureteral Stent Placement, Removal, or Change

The ureters are the tubes that connect each kidney to the bladder. A stent is a small, soft, hollow tube placed in the ureter. Stents improve urine drainage from the kidney(s). A small scope is inserted into the urine channel (urethra) and then into the bladder and up to the ureter. The stent can be placed while awake or it can be done while asleep in the operating room. This is an outpatient procedure. A stent can be removed during a clinic visit or in the operating room based on your needs. A urine sample is required before stent placement, removal, or change.



Purpose of a Stent

There are different reasons a person may need a stent. It may be needed before a procedure or surgery. The purpose of a stent is to:

- Open a blockage in the kidney or ureter caused by a stone, stricture, tumor, or swelling
- Help with healing after kidney stone surgery
- Improve the passage of stone fragments
- Help dilate (open) the ureter to keep urine flowing

After Getting a Stent

Eating

Go back to your normal eating habits. Drink at least 6-8 (8oz) glasses of fluid daily. You may want to limit fluids after the evening meal to avoid getting up to go to the bathroom at night.

If you had anesthesia, do not drink any alcoholic drinks for the first 2 days after the placement. This includes beer and wine. Alcohol does not mix with anesthesia and may make you sick.

Activity

Resume your normal routine, but rest if you have pain or blood in your urine. Avoid strenuous activities for 1 week after stent placement.

Medicines

If your doctor orders antibiotics, be sure to take all of them. You may have pain pills to take. Follow the instructions closely.

Passing Urine

You may feel like you have to pass urine more often. The stent may cause a burning feeling when you pass urine. This is normal and will decrease with time. You may have blood in your urine. If so, drink more fluids.

Follow-Up Care

You will have a follow-up visit. It is very important that you do not miss or delay your follow-up visit.

When to Call

Call the doctor if you notice any of these signs.

- Unable to pass urine
- Large blood clots in the urine
- Severe pain not controlled with pain pills
- Cloudy or foul-smelling urine
- Red or bloody urine after 3 days
- Fever over 100° F by mouth

Who to Call

- **UW Health Urology:** 608-263-4757
- **UW Health at The American Center Urology:** 608-440-6464
- **UW Health One South Park Urology:** 608-287-2900

After Hours, Nights, Weekends, and Holidays

The clinic number is answered by the paging operator. Ask for the Urology doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

Toll Free: 1-844-607-4800

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6637