



UROLOGY ASSOCIATES OF FREDERICKSBURG

Expert Surgical Care of the Urologic Patient Since 1975

Ureteral Stent Information Sheet

What is a ureteral stent?

A ureteral stent is a thin, hollow tube with two coiled ends; one end sits in the kidney and one end sits in the bladder, and the tube itself lies inside the length of the ureter. Ureteral stents are placed surgically, and are necessary if there's a chance of obstruction from either a stone or a stone fragment, a narrowing (stricture) of the ureter, or a swelling of the ureter following surgery. A ureteral stent helps keeps the passage from kidney to bladder open so urine can flow unobstructed out of the body. If there is an obstruction, and urine is allowed to build up, serious kidney complications could result.

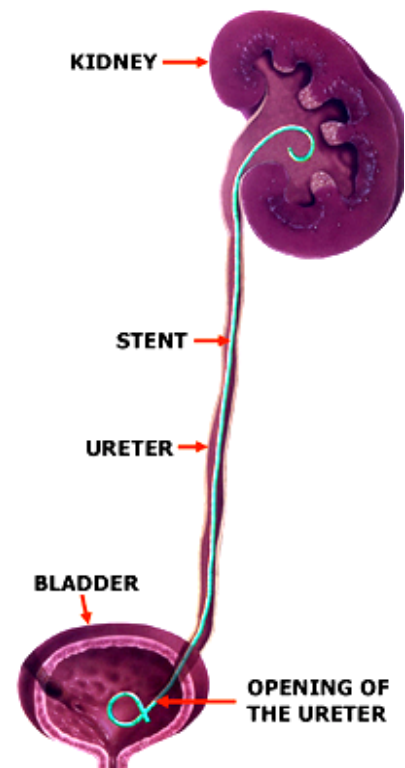
Stents are usually placed following a procedure to promote healing of the urinary system. The length of time a stent stays in depends on the type of surgery performed. Some stents can remain in place for up to a year, but most are removed after a few days.

Permanent damage to the kidney and urinary tract can occur if a stent is left in too long. Always remember to follow up with your surgeon for stent removal.

Living with a ureteral stent

If you do need a stent, you may be able to carry on your usual daily activities, including work and sports. Occasionally, there are side effects to having a stent including:

- Back pain, especially during urination
- Blood in the urine.
- Urinary urgency.
- Urinary frequency.
- Bladder cramps.
- Increased risk of urinary tract infections.
- Burning with urination.
- You should avoid sexual intercourse when you have a stent because of increased risk of infection.





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How is a stent removed?

Stents can be removed in the office using a small fiber-optic scope (cystoscope) which is inserted into the bladder through the urinary canal (urethra). Sometimes your surgeon will leave a small string attached to the stent to help with the removal process. This string may be visible outside the urinary canal.

If your stent has a string please be careful not to accidentally pull it out. If the stent is dislodged it may cause temporary urinary incontinence.

When to call your surgeon:

- Fever above 101 Fahrenheit.
- Heavy bleeding with large blood clots in the urine that won't clear up.
- If you accidentally pull out the stent.
- Cloudy or foul smelling urine.

