



SURGERY CENTER

Phone: (224) 612-7000

URETERAL STENT DISCHARGE INSTRUCTIONS

WHAT TO EXPECT

- A stent is a long plastic tube that runs from the kidney to the bladder. It allows the kidney to drain and protects the kidney from blockage, swelling and infection.
- Blood in the urine, mild burning on urination, and increased urgency or frequency is normal after stent placement. Back or side pain, bladder pressure, spasms or pelvic pain is also common and can be relieved with a heat pad. These symptoms gradually improve in the next few days.
- Stents are temporary and can be removed in the doctor's office or sometimes at home. Your doctor will advise when the stent will come out.

ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after surgery.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity, rigorous exercise, heavy lifting (greater than 20 pounds) until blood in urine clears.
- Please consult your doctor on when you can resume sexual activity.

DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week. This will help clear up your urine quicker and prevent blood clots.

MEDICATIONS

- Take Tylenol (500 mg every 6 hours) as directed for any pain or discomfort. Once blood in the urine clears, you can take Ibuprofen (Motrin, Advil etc.) 600 mg every 6 hours. It is safe to take these together or alternate every 3 hours.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.

Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.



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- If you were prescribed Flomax (Tamsulosin), this medication helps relax the urinary system and eases discomfort of the stent. This can cause some light headedness and blurry vision. If you experience side effects, it is okay to stop taking.

CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6F, severe chills, continued nausea or vomiting
2. Severe pain that doesn't go away with pain medication
3. Increasing amount of blood in your urine or very large blood clots
4. Inability to urinate

FOLLOW-UP:

- Call your doctor's office to schedule a follow-up appointment to remove the stent.
- If you were instructed to remove the stent at home, you will be given separate instructions.

***If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

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