



Urology Department

Patient Advice Following Ureteric Stent Insertion

This information leaflet has been developed to provide patients with appropriate post-operative advice following ureteric stent insertion.

A *ureter* is a tube which drains urine from the kidney into the bladder. You have undergone a procedure to insert a *ureteric stent*, which is a thin tube that is inserted into the ureter. Stents are usually inserted because either the doctor has discovered an obstruction in your kidney, or before *lithotripsy* is undertaken (*lithotripsy* is a procedure that breaks up kidney stones with ultrasound shockwaves). An operation to insert a ureteric stent is performed to either relieve or prevent kidney blockage (also called an *obstruction*) by keeping the ureter open so that urine can easily follow from the kidney to the bladder.

After the operation you may experience any of the following symptoms:

- Some blood in your urine
- Back pain
- Groin pain
- Frequent urination
- Pain at the tip of the penis (men)
- Symptoms of bladder infection (women)
- Discomfort in the kidney during urination

Post-operative instructions

Stents are usually left in place for about 6 weeks, although it may remain in place for a longer period with a prolonged course of *lithotripsy*. You will undergo a different procedure to remove the stent. Usually the stent is removed with local anaesthetic in the Endoscopy Department.

For the first few days after this operation, it is very important that you drink plenty of fluids. Unless your doctor has advised you otherwise, you should aim to drink 2-3 litres (4-5 pints) each day in order to help flush your system.

There is no restriction on sexual activity following stent insertion. However, it is common for sex to be uncomfortable.

You can return to work after 24 hours after a general anaesthetic. However, if your job is very manual and/or demands high levels of activity, then you may experience pain and possible tiredness. Pain relief medication may help, or you may have to speak to your employer to have your duties modified whilst your stents are in place.

You are likely to feel tired for a few days after the operation. This is normal and is your body's natural reaction to the stress of the procedure. Please take it easy for a couple of days. It is recommended that you take regular short walks to help the circulation in your legs.

It is a legal requirement of the Road Traffic Act that you must not drive for the first 24 hours after you have had sedation or a general anaesthetic.

Pain/Medication

Many patients feel some discomfort following this procedure, and you may find either :If you were not prescribed stronger pain relief medication when discharged from hospital, please consult your GP.

If you experience any of the symptoms listed below, please contact your GP or out of hours GP immediately:

- Urinary retention (being unable to completely or partially empty your bladder)
- Large blot clots in the urine that are difficult to pass
- Excessive bleeding
- Excessive burning, stinging or an offensive smell when you are passing urine, as this may indicate infection
- Flu-like symptoms such as fever, shivering, general aching or feeling unwell within the first 24 hours

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please call:

Your GP or out-of-hours GP

Alternatively, you can contact the Urology Nurses on 01305 255145 or 255695.

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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Williams Avenue, Dorchester, Dorset DT1 2JY
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