potomac UROLOGY

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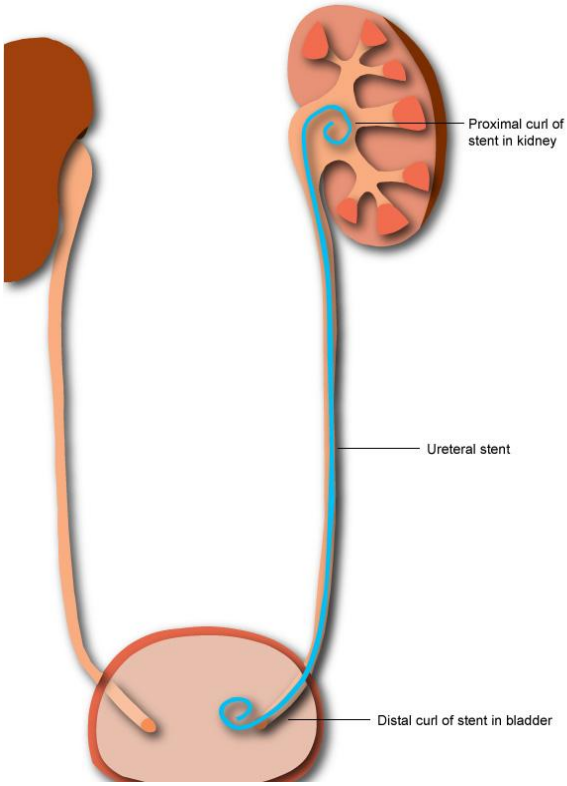
Ureteral Stent Instructions

WHAT IS A STENT?

- Soft, hollow tube with multiple holes
- Allows temporary drainage if kidney is blocked
- It is not visible from the outside of the body
- Remains for 1-2 weeks or long-term for several months



PROCEDURE

- No cuts/incisions will be made on your skin
- A camera is inserted into the urethra and bladder
- The stent is inserted and an x-ray confirms the position

ACTIVITY

- Resume your normal routine after the stent is inserted
- Rest if you notice pain or blood in the urine with activity
- It is ok to engage in sexual activity

INSTRUCTIONS

- Drink 64 ounces of fluids a day
- If prescribed, take the pain medication, spasm medication, and/or antibiotic as directed.

EXPECTED SYMPTOMS

- Urge to urinate
- Urinary frequency
- Urinary burning/dysuria
- Blood in urine/hematuria
- Pain when/after urinating (back, side, groin)

WHEN TO CALL THE DOC

- Fever > 100.5^{o} F and/or chills
- Nausea/vomiting
- Cloudy urine, blood clots
- Unable to urinate, urinary leakage
- Pain not controlled with medication

FOLLOW-UP CARE

- The ureteral stent is **NOT PERMANENT**. It must be removed/changed so you don't get seriously ill or permanently damage your kidney
- Please discuss the plan for your stent with your urologist **within 1-2 weeks** of placement