



YOU HAVE A **STENT** in your LEFT / RIGHT ureter. This “ureteral stent” is a soft, thin, hollow plastic tube that is 20cm long. The top part curls inside the kidney, then extends all the way down the ureter, and then curls again inside the bladder. The stent allows urine that’s made in the kidney to flow down the ureter and into bladder. *Some* patients may notice a small black thread coming out of their urethra – this is attached to the stent – do not pull it. The stent will be removed at a time specified by Dr. Disick; this is usually done in the office.

#### WHY DO I NEED A STENT?

- To relieve blockage of the kidney/ureter caused by a stone, swelling, stricture, or tumor.
- To allow healing of the kidney/ureter after a variety of stone surgeries.
- Improves the passing of stone fragments by helping to open the ureter.
- Before certain procedures or surgeries.

#### WHAT WILL THE STENT FEEL LIKE?

- Some people notice the stent, others do not. Common symptoms include:
- Pain in back or side
- Pain in bladder or back when urinating
- Blood in the urine
- Feelings of always needing to urinate & needing to make frequent trips to the bathroom
- Burning on urination
- Occasional urinary leakage

#### IS THERE A SPECIAL DIET OR ACTIVITY RESTRICTIONS I NEED TO FOLLOW?

- You can resume your normal eating habits.
- Drink at least 6-8 (8oz) glasses of fluid daily. You may want to limit fluids in the evening to avoid getting up to void at night.
- Avoid strenuous activities for 1 week and then you may resume your normal routine; rest if you have pain or blood in your urine.
- You can drive a car with a stent, but not if you are taking narcotic pain medicines.
- You can fly on a plane with a stent - it is not metallic and will not set off metal detectors.

#### ARE THERE ANY SPECIAL MEDICATIONS I NEED?

- If you were prescribed Antibiotics (Cipro, Bactrim, Nitrofurantoin, Cephalexin, etc.), be sure to take all of it as directed.
- You may take all of your regular medicines.
- Pain pills (vicodin, percocet, oxycodone, hydrocodone, etc) – only if needed; these can cause constipation.
- Ditropan (Oxybutinin) - to relax bladder and decrease urinary frequency.
- Pyridium (Phenazopyridine) – to decrease burning on urination; will make your urine orange.
- Flomax (Tamsulosin) – to help prevent back discomfort and urinary frequency.