Ureteral Stent

HOME CARE INSTRUCTIONS

What is a ureteral stent?
A ureteral stent is a thin tube inserted into the ureter. It allows urine to flow from the kidney when something is blocking the flow.

What does it feel like to have a ureteral stent?
- When you have a ureteral stent, you may feel like you cannot hold back your urine. You also may have to urinate more often than usual.
- You may have blood in your urine.
- It is not uncommon to have pain, especially after you have been up and about. Lie down with a warm heating pad on your belly or side. This will help relieve the discomfort.

How active can I be?
- Do not lift anything heavy and do not do any hard work or exercise while your stent is in place.
- Slowly return to your normal activities as you feel you can.
- You may shower every day, but do not sit in a tub of water.

What kind of medicine do I take?
Take extra-strength Tylenol® for pain. If you have more severe pain, take the pain medication that was prescribed for you. Do not drive if you are taking prescription pain medicine.

You doctor may give you a prescription for Flomax (Tamsulosin). It may help with stent discomfort. Take it once daily if you are in pain.

Side effects of this medicine:
- dizziness
- lightheadedness

Your doctor may give you a prescription for Ditropan (Oxybutynin) for bladder spasms. You may take it 3 to 4 times a day if you have continued spasms. Do not take it unless you need it.

Side effects of this medicine:
- dry mouth
- difficulty urinating
- constipation

How do I control constipation?
Pain medicine can cause constipation and straining with bowel movements. If you are constipated, drink 8 to 10 glasses of water a day and use Milk of Magnesia® or magnesium citrate. You can buy both without a prescription at any pharmacy.

Call your doctor at (919) 966-1315 if you have...
- fever higher than 101°F
- an upset stomach or vomiting that gets worse
- any other problem or questions

Doctor __________________________

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