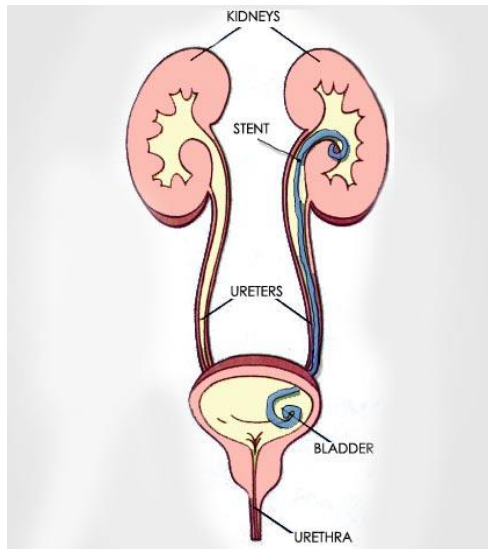


Ureteric Stents

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A ureteric stent is a flexible plastic tube, placed in the ureter between the kidney and bladder.



Why is a ureteric stent used?

A ureteric stent is used to relieve or prevent obstruction of the kidney. The obstruction causes pressure to build up which can be very painful, and may lead to infection and further damage to the kidneys. Often a stent is used during treatment of a kidney stone or following surgery involving kidney, ureter or bladder.

How is the stent implanted?

Stents are designed to stay in the urinary system by having small coils at each end. The top end coils in the kidney and the lower end coils inside the bladder to prevent displacement. Urine can drain around and

through the stent.

A stent is usually inserted under general anaesthetic using a cystoscope which is a telescope passed through the urethra into the bladder. Occasionally they are placed from the kidney down to the bladder using a special X-Ray techniques. The correct position of a stent is checked by taking an X-ray.

How long is the stent inserted for?

A stent is usually inserted for 2-6 weeks, however it can sometimes stay in longer – up to a maximum of 12 months. A ureteric stent is almost always temporary and must be removed. Please check with your doctor if you are concerned that a stent has not been removed. A simple X-ray will confirm this.

Side Effects

The common side effects from a stent include:

- Urinary frequency;
- urinary urgency and occasionally urinary incontinence;
- intermittent blood in the urine;
- the sensation of incomplete emptying of the bladder;
- kidney or bladder discomfort or pain, but sometimes in the groin, urethra or genitals. This may be worse after physical activity or with passing urine;

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- a urine infection may occur with increased pain or discomfort in the kidney or bladder area, burning or pain while passing urine, feeling generally unwell or fever.

These side effects are usually mild but can occasionally be severe. Please let your GP or Dr Delaney know if you are concerned.

You may relieve some of the side effects by:

- aiming to drink at least 1 ½ to 2 litres of water a day;
- taking pain relief such as paracetamol or medication prescribed by your doctor;
- taking Ural (urinary alkaliser), which can help relieve the burning sensation whilst passing urine;
- avoiding constipation (codeine causes constipation).
- If you have a stent with a thread coming down from the urethra outside the body, then more care will be needed so as not to dislodge the thread.

Please contact the rooms or hospital if you have any of the following problems:

- Constant and unbearable pain associated with the stent;
- symptoms of a urinary tract infection;
- the stent gets dislodged or falls out;
- you notice a significant change in the amount of blood in your urine.

Avoid strenuous exercise whilst the stent is in place. Walking and gentle bike riding or swimming should not cause problems. You may carry on with normal daily work activities while the stent is in place provided the underlying kidney condition and your health allows you to do so.

Sexual Activities

Few patients experience discomfort during sexual activities. Sometimes the side effects associated with the stent may have an effect on sexual desire. If you have a stent with a thread coming outside the body, avoid intercourse until the stent is removed.

Please Note:

Following a general anaesthetic you must not drive or travel on public transport alone for 24 hours. A responsible adult should collect you from the hospital and remain with you overnight.

Remember a stent is temporary and needs to be removed. Please contact Dr Delaney to arrange by calling the rooms on 8920 1161.