

## Ureteric Stent

### Definition

Urinary stones or other conditions can result in narrowing of the ureter (tube connecting kidney to the urinary bladder) which can obstruct the flow of urine and cause pain.

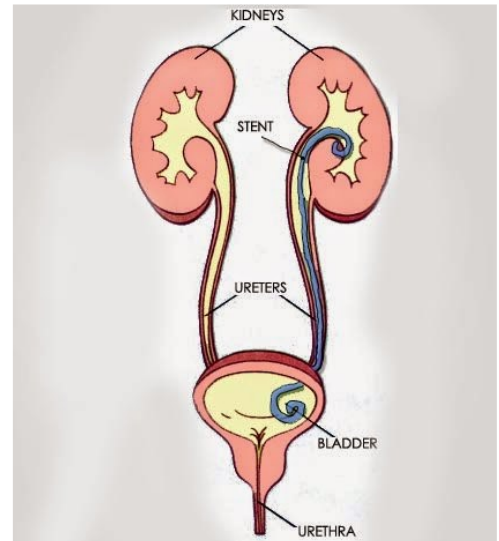
Ureteric stents are plastic devices inserted into the ureter to allow free passage of urine and remove the obstruct from the kidney.

### Procedure

After a general anaesthetic, a stent is inserted through a telescope via the urethra, through the bladder and into the ureter.

Radiological guidance in the form of x-ray is used during the procedure to aid exact location and placement of stents.

After the stent is placed, the telescope is removed.



**Please inform the staff if there is a possibility you are pregnant.**

### Post-Operative Care

You will be discharged from hospital the same day as your procedure.

For the first 48 hours:

- Rest and avoid constipation by drinking lots of water to flush your kidneys and bowels (stool softeners not required).
- Do not participate in labour intensive work or exercise

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**Common side effects include:**

- Urine with a rose or pink tinge which should clear within 3-5 days post procedure
- Stinging or burning when passing urine which can be relieved with Ural (available from pharmacy without a script) or by adding fresh lemon or lime to your drinking water.
- The stent themselves can cause irritation resulting in pain or bleeding especially after strenuous exercise. This can be relieved by rest, increasing water intake and simple pain relief in the form of Paracetamol or Nurofen.

**Uncommon side effects include:**

Seek medical attention through Toowoomba Specialists, your local GP or your local Hospital's Emergency Department. Note: If you take blood thinners, please DO NOT take any further doses until you have sought medical attention.

- Dark red or wine coloured urine
- Passing blood clots through your urine
- Fevers, chills, shakes or tremors
- Unmanageable pain

**Discharge Planning**

Patients can be discharged once reviewed by Dr Desai.

Please check with Dr Desai as to when to restart taking your usual medication and blood thinners.

**Follow up**

You will receive an aftercare phone call from Dr Desai's rooms within 2 weeks of your procedure.

You will also be required to attend a face to face appointment with Dr Desai 3-4 weeks after your procedure. Please contact the rooms to arrange this.

For any concerns, please contact Toowoomba Specialists during business hours or St Vincent's Private Hospital Toowoomba after hours.