Ureteral Stent Placement, Removal, or Change

The ureters are the tubes that connect each kidney to the bladder. A stent is a small, soft hollow tube placed in the ureter to improve urinary drainage from the kidney(s). This is done by inserting a small scope through the urine channel (urethra), into the bladder, then up through the ureter. The stent can be placed either with the patient awake or in the operating room as an outpatient procedure. Stent placement, removal, or change is a sterile procedure. Your urologist, nurse practitioner, or physician assistant will remove the stent at a clinic visit. If indicated, the stent may be removed in the operating room. You will be required to give a urine sample before stent placement, removal, or change.

Why place a stent?
- To relieve a kidney or ureter blockage caused by a stone, stricture, tumor, or swelling
- To allow healing after kidney stone surgery
- Improves the passage of stone fragments
- Before certain procedures or surgeries
- Helps dilate the ureter and make more patent

Home Care for Patients with Stents

Diet
- Resume your normal eating habits.
- Drink at least 6-8 (8oz) glasses of fluid daily. You may want to limit fluids after the evening meal to avoid getting up to void at night.
- If you had anesthesia, do not drink any alcoholic beverages for the first 2 days after the placement. This includes beer and wine. Alcohol does not mix with anesthesia and may make you sick.

Activity
- You may resume your normal routine, but rest if you have pain or blood in your urine.
- Avoid strenuous activities for 1 week after stent placement.

Medicines
- If your doctor orders antibiotics, be sure to take all of it.
- You may have pain pills to take. Follow the instructions closely.

Passing Urine
- The stent may cause you to feel like you have to pass urine more often. The stent may cause a burning feeling when you pass urine. This is normal and will decrease with time.
- You may have blood in your urine. If so, drink more fluids.
Follow-Up Care

- You will have a follow-up visit. It is very important that you do not miss or delay your follow-up visit.

When to Call

Call the doctor if you notice any of these signs.

- Unable to pass urine
- Large blood clots in the urine
- Severe pain not controlled with pain pills
- Cloudy or foul smelling urine
- Red or bloody urine after 3 days
- Fever over 100° F by mouth

Phone Numbers

UW Health Urology 608-263-4757
UW Health at The American Center Urology 608-440-6464
UW Health One South Park Urology 608-287-2900

After Hours, Nights, Weekends, and Holidays, the clinic number is answered by the paging operator. Ask for the Urology Doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

Toll Free: 1-844-607-4800

Your medical records number is ______________________.

Spanish version of this Health Facts for You is #7340