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Cystoscopy with Ureteral Stent Placement

Post-Operative Stent Care Instructions

THE FIRST FEW DAYS

- Rest the day of the procedure; most people resume light activity the next day.
- **Drink plenty of water** to keep urine light yellow and reduce clotting.
- Walk regularly, but avoid strenuous activity while the stent is in.

LIVING WITH YOUR STENT — WHAT IS NORMAL

- Urgency and frequency, sometimes intense
- **Flank aching or pulling while urinating** — expected, caused by urine traveling up the stent
- Blood in the urine, coming and going, often worse after activity
- Discomfort at the bladder or tip of the penis
- Feeling like you cannot fully empty

These symptoms do not mean something is wrong. They resolve completely once the stent is removed.

MAKING THE STENT MORE TOLERABLE

- **Ibuprofen** works particularly well — take with food unless told to avoid it.
- **Tamsulosin (Flomax)** is often prescribed and genuinely helps stent discomfort.
- A bladder antispasmodic may be prescribed for urgency.
- Limit caffeine and alcohol, which worsen urgency.
- Avoid heavy lifting and vigorous exercise — activity increases bleeding and pain.
- A heating pad on the flank or lower abdomen helps.

IF YOUR STENT HAS A STRING

- Keep the string taped to your thigh or lower abdomen.
- Be careful when wiping, and when removing clothing.
- **Do not pull the string** unless your urologist specifically instructed you to remove it at home.
- If the string comes out on its own, call us — the stent is still in place and still needs removal.

YOUR REMOVAL APPOINTMENT — THIS IS NOT OPTIONAL

Stent removal or exchange date: _____

A stent left in longer than planned becomes encrusted with mineral deposits. This can block the stent, damage the kidney, and require multiple major procedures to remove. If you need to reschedule, call us — do not simply skip the appointment.

AFTER THE STENT COMES OUT

Expect flank cramping and burning for a day or two as the ureter returns to its normal size. Ibuprofen helps. Most people feel dramatically better within a day.

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call 909.236.3333

- **Fever over 101°F or shaking chills** — especially with flank pain, this can mean an infected obstructed kidney and is an emergency
- **Severe flank pain not controlled with your pain medication**
- Nausea and vomiting preventing you from keeping fluids down
- **Inability to urinate**
- Heavy bleeding or large clots
- The stent or stent string coming out
- Decreasing urine output

If you have severe symptoms or an emergency, go to the nearest emergency room.