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Ureteral Stent Removal

Post-Procedure Care Instructions for Patients

WHEN YOU GET HOME

- You may return to normal activity right away, including work and driving.
- **Drink extra water** — a glass every hour or two for the rest of the day.
- A heating pad on the flank or lower abdomen helps cramping.

MEDICATIONS

- **Ibuprofen** is particularly helpful for the cramping that can follow stent removal — take it with food unless you were told to avoid it.
- Acetaminophen (Tylenol) may be added or used instead.
- Finish any antibiotic you were prescribed.
- Resume all your usual medications.

WHAT IS NORMAL

- Burning with urination and urgency for **1 to 2 days**
- Pink or lightly blood-tinged urine for a day or two
- **Cramping or aching in your flank or lower abdomen**, sometimes coming in waves, for the first day or two — this is the ureter returning to its normal size
- Feeling the urge to urinate more often for a day

The stent discomfort you have been living with should resolve quickly — most people feel substantially better within a day.

IF YOU HAD A STONE

If your stent was placed for a kidney stone, follow any instructions you were given about straining your urine, stone prevention, or follow-up imaging. Keep your follow-up appointment even if you feel completely well — imaging confirms the kidney is draining properly and that no fragments remain.

Follow-up appointment: _____

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call 909.236.3333

- **Fever over 101°F (by mouth) or shaking chills** — especially with flank pain, this can mean the kidney is obstructed and infected, which is an emergency
- **Severe flank pain that does not settle with pain medication**, or pain that is worsening rather than improving
- Nausea and vomiting
- **Inability to urinate**
- Heavy bleeding or clots in the urine
- Burning that worsens after 2 days rather than improving

If you have severe symptoms or an emergency, go to the nearest emergency room and tell them you recently had a ureteral stent removed.

