

Ureteroscopy and Stent

What to expect

- **Discomfort** in the abdomen and flank on the side of the procedure is common. If you have a stent, this may persist until it is removed. The pain may be worse when urinating as urine refluxes up the stent into the kidney. This is not dangerous. Try to avoid straining when passing urine.
- **Blood in urine** is common for after surgery (this may be intermittent) and may last for as long as the stent is in place. The extent can vary based on activity or your hydration. This will generally resolve within a few days of the stent being removed
- **Urinary frequency and urgency** (urinating often and in a hurry) as well as **nocturia** (waking at night time) is common while the ureteric stent is in place. Often you will have a strong urge to pass only a small amount of urine. This is because the stent irritates the lining of the bladder. This will generally resolve within a few days of the stent being removed. Your surgeon may prescribe medication if these symptoms are severe.
- **Burning and stinging with urination** – is common for after surgery (this may be intermittent) and may last for as long as the stent is in place. This will generally resolve within a few days of the stent being removed. This does not usually indicate infection unless fever is present. Ural (available over-counter at chemist) may assist in alleviating symptoms.

Return to activity

- **Driving** – no driving for 24 hours following surgery. You should refrain for longer if you are in pain or using strong pain-killers
- **Work** – you will require some time off work. The duration will depend upon your occupation. You will typically require 1-2 days off.
- **Lifting** – may exacerbate symptoms and bleeding due to the stent but there are no restrictions unless otherwise specified
- **Activities** – you may participate in your usual activities including running, gym, golf, cycling and swimming within your comfort levels. This may exacerbate symptoms including blood in the urine.

- **Sex** – no restrictions unless instructed otherwise.

Follow up schedule

- A stent will usually need to remain in place for between 2-4 weeks depending on the surgery.
- In most cases a follow up scan will be arranged 3-4 after surgery or after the stent has been removed

When to go to emergency

- **Unable to urinate**
- **Fever, chills or shakes** – this may indicate infection