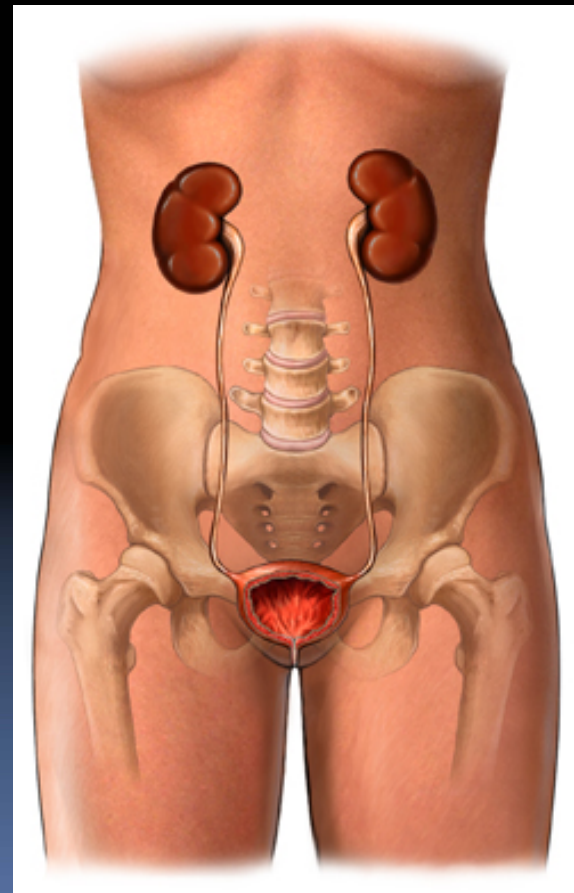
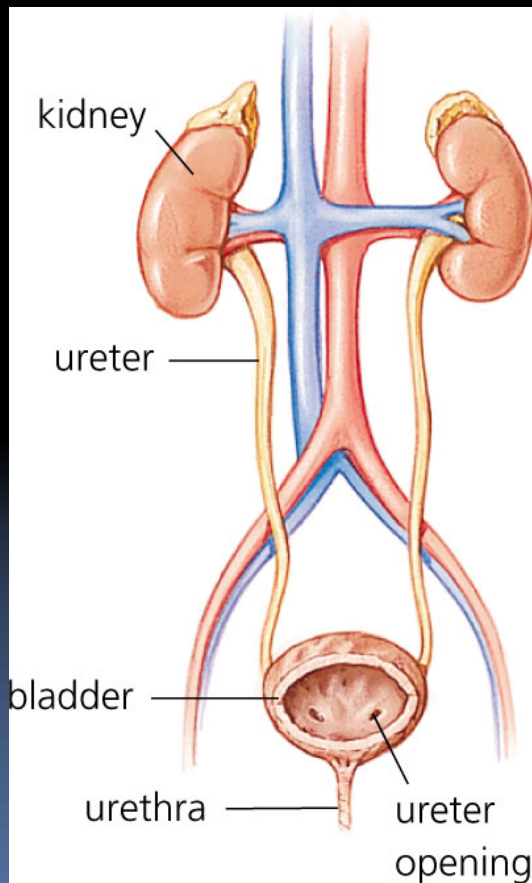




Kaiser Oakland Urology

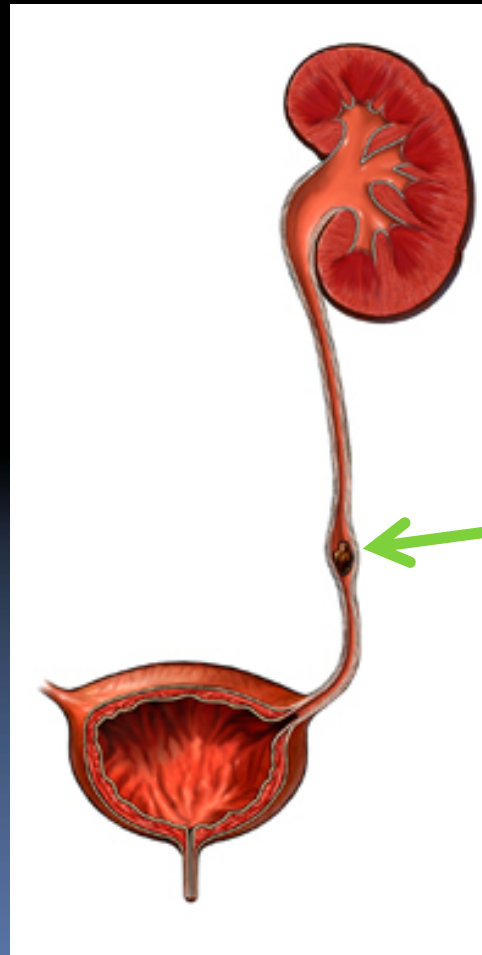
YOUR URETERAL STENT

The Anatomy of the Urinary Tract



Ureteral Stents

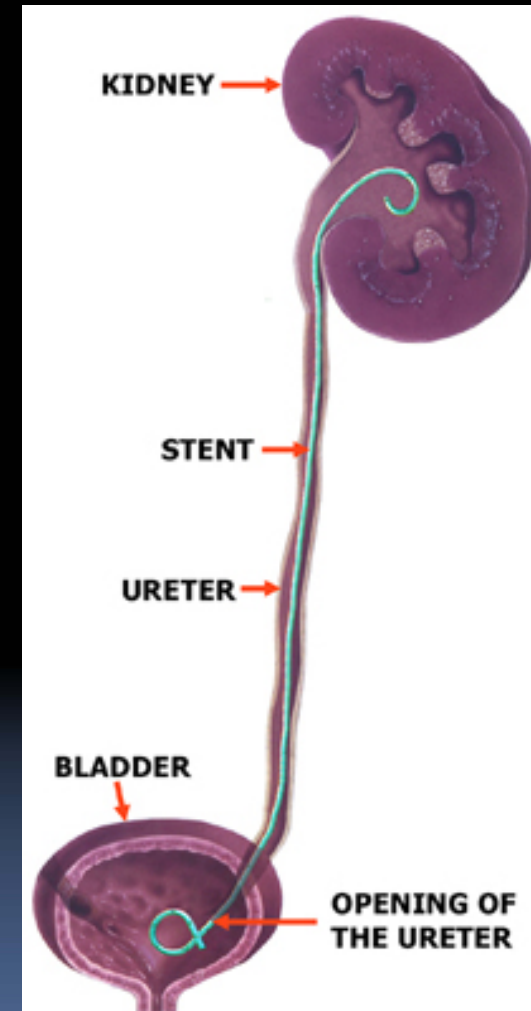
Keeps ureter open when obstruction is a problem



Kidney stone
obstructing the ureter

Ureteral Stents

- **Bypass blockage**
- Curled ends hold in place between kidney and bladder
- Hollow tube with side holes
- Allows urine to pass through and around stent and past obstruction



Common Stent Problems

- Blood in urine (**hematuria**)
- Flank/back discomfort during urination
- **Bladder spasms**
 - Frequent and urgent urination
 - Burning sensation during urination



What is Worrisome Bleeding?

- Minor Bleeding:



- Worrisome Bleeding:

- Rest
- Drink lots of water!



What to Do If you have **Bloody Urine**

- **Contact your doctor's office**
 - Treatment is usually not needed!
- **Rest**
 - Bleeding may increase with activity
- **Avoid straining!**
 - Lifting
 - Pushing for bowel movements
- **Drink lots of water**
 - Helps prevent blood clots
 - Helps prevent blood clots from obstructing the urinary tract



Bladder Spasms



- Caused by stent irritation of the bladder
- **VERY common**
- Symptoms:
 - Urge to void, burning sensation during urination, cramps in bladder, pain in penis or vaginal area.
- **Treatment:** Anti-spasmodics like Ditropan/Oxybutynin
Side- effects: Dry mouth, constipation



Stent removal? Usually by Flexible Cystoscopy

Urologist uses a flexible scope to view the urethra, prostate and bladder
Office procedures. Local anesthesia (Lidocaine gel)
Usually takes 1-2 minutes



Questions?

Call our nursing staff or E-mail your Urologist
Our nursing staff know the answers!

510- 752-6796



Stephanie



Kris



Cleo