

If you have a Stent:

- This tube serves to keep the drainage system from the kidney to the bladder open. It was placed to keep urine from backing up into the kidney and causing pain.

You may experience any variety of the following symptoms:

- Discomfort in the kidney at the end of the urine stream
 - Frequency
 - Urgency
 - Blood in the urine that ranges from a little to a lot
 - Cramping/ pressure in the abdomen/ urethra/ testicles
 - Burning when you urinate (Usually this can be controlled with medication such as Pyridium, Cystex, and Over-the-counter AZO)
- Remember to keep the bowels soft. This can make a big difference in the level of discomfort that you feel. Remember that pain medicines such as Lortab, Vicodin, Percocet, etc will cause constipation. It is very important to drink plenty of water and use stool softeners/laxatives to counteract this.
 - Some good options to combat constipation are Colace, Prune juice/Whole Prunes, Senna, Milk of Magnesia (30cc every 4 hours until bowel movement), Miralax, and plenty of water.
 - You may experience cramping in your abdomen that feels like you need to have a bowel movement/menstrual cramps (for ladies).
 - **What you can do:**
 - Take the medicine given to you for bladder spasms (examples: Hyocyanine, Oxybutynin)
 - Apply a heating pad to the abdomen, hot bath, hot shower
 - Keep bowels soft and avoid constipation

Keep in mind that these symptoms are **very normal** if you have a stent. After a few days, your body should get used to it. Until the body adjusts, take the medicine given to you to help with these symptoms. Drink plenty of water!

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What to Avoid:

- Lifting more than 10 lbs. (Equal to a gallon of milk) until the stent is removed.
- Strenuous exercise such as squats, lunges, lifting weights, impact aerobics, running, and jumping until the stent is removed.
- Any activity that causes pelvic pressure until the stent is removed.
- Constipation (see above info to keep bowels soft)

When to call your doctor:

- Increasing pain or severe pain not controlled by other
- Nausea or vomiting
- Temperature greater than 100.4 degrees
- Heavy bleeding with clots
- Foul- smelling urine

Go to the Emergency Room if you have:

- Chest pain
- Shortness of breath
- Severe headache
- Loss of consciousness
- Other symptoms of concern