



Patient Information

Guidelines following Ureteric Stent Insertion

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you have a speedy recovery and that the following instructions will be of help.

Details of your stent insertion

Your stent is on the (left, right or both sides)

It was put in on (date)

It should be removed or changed in weeks/months

This appointment will be sent in the post to you. If you have not heard anything and it is approaching the appointment timeline given then please call your consultants secretary via switchboard on 01793 604020.

Side effects - It is common for people with ureteric stents to experience some side effects. These include:

- Discomfort in the kidney or bladder area, especially on passing urine
- Feeling that you need to pass urine more often
- Having to rush to the toilet to pass urine
- A small amount of blood in your urine

These symptoms are usually mild and easy to cope with. They are sometimes worse after exercise. The symptoms get better when the stent is removed.

Unless you feel ill or have a temperature these symptoms do not mean you have an infection and antibiotics will not help.

Removal of your stent

A stent is usually removed under local anaesthetic with a small telescope called a flexible cystoscope.

If you only need a stent for a short time, threads might be left attached to the stent and coming out of your urethra. The stent can then be easily removed by pulling on the threads in clinic.



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If your stent needs changing, rather than removing, this is usually done under a full general anaesthetic as a day case procedure.

Aftercare - You may have some discomfort and blood loss when you pass urine drinking plenty of fluids (3 litres daily, non-alcoholic) will help with this.

If you experience severe pain, a fever, the blood loss increases or persists beyond five days please contact your General Practitioner (GP).

You may take your usual bath or shower.

Pain relief - Simple over-the-counter pain relief are usually enough to manage any discomfort. If you have blood in the urine you should drink more fluid. If you have bladder symptoms, avoid alcohol and drinks containing caffeine (tea, coffee, cola, hot chocolate) as these may make any bladder irritation worse.

Stockings - If you have been given support stockings to wear it is important that you continue to wear them day and night until you are fully mobile (at least 24-48 hours). The stockings should be removed for a short time daily to wash the feet and legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).

Follow up - If required an outpatient appointment will be sent through the post.

You were given the following pain relief while in Day Surgery

Paracetamol at

Codeine at

Ibuprofen at

Instructions for patients who have had a general anaesthetic

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliances such as cookers or kettles.
- Do not drink any alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.



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- Take things easy for the day after your operation and do not work with machinery or take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

If there are any problems after you return home, please telephone your General Practitioner (GP) or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays). After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039. You can also call 111 for advice or visit www.111.nhs.uk In an emergency dial 999.

If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister
Day Surgery Unit
Great Western Hospital
Marlborough road
Swindon
SN3 6BB

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

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