



National University
Hospital



Ureteric Stent

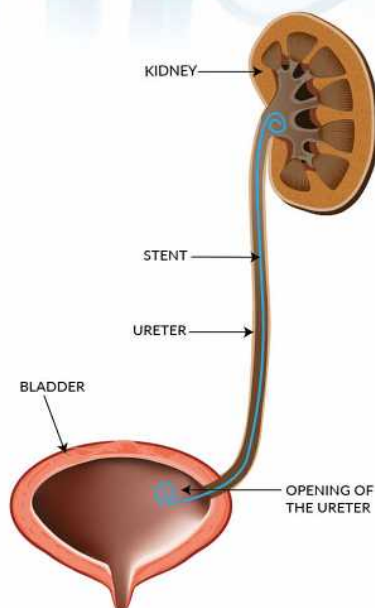
Patient and Family
Information



What is a Ureteric Stent?

It is a thin, hollow plastic tube that is inserted into the ureter (the passage connecting your bladder to your kidneys).

J-shaped curls are present at both ends to hold the tube in place and prevent migration, hence it is also called double J stent.



What is the purpose of a Ureteric Stent?

A **ureteric stent** is used to prevent or treat obstruction of the urine flow from the kidney caused by a stone, narrowing of the ureter, swelling after an operation or a congenital condition.

It helps to unblock the kidney, preventing a build-up of pressure that causes pain and may damage the kidney.

What symptoms will you **notice** after a **stent insertion**?

Stents cause the following symptoms in the majority of patients. All the symptoms would resolve after the stent is removed.



01 URINE FREQUENCY AND URGENCY

- The lower curl can irritate the bladder and make you feel the need to go to the toilet all the time to empty your bladder.

02 FLANK PAIN/ BACK PAIN DURING URINATION



- Some patients have significant pain in the back during urination because the stent transmits pressure from the bladder back towards the kidney.

03 LOWER ABDOMINAL PAIN/ BLADDER PAIN

- This happens when the lower curl of the stent in the bladder causes a bladder cramp during or at the end of urination.
- Certain movements may increase discomfort. Examples include: frequent bending and increase in physical activity.

04 BLOOD IN THE URINE

- It is normal to experience intermittent episodes of blood in the urine when the stent is in place, especially after strenuous activities. This is because the stent may cause some irritation to the bladder.
- Urine may be light red or darker at times.

Important information about your stent

- The stent is a foreign object and cannot stay in the body permanently.
- Please follow the doctors' instructions with regards to stent removal.
- Please contact your doctor if you are not seen within three months after your stent insertion.

WHAT TO DO AT HOME?



Drink plenty of fluid (2-3 litres per day) if you have no restriction on fluid intake. This will ease the discomfort caused by the stent.



Avoid strenuous exercises to prevent worsening of the stent-related symptoms.



Mild painkillers may be helpful in controlling the discomfort.

Please call us at **6772 5087**
or
go to **A&E** if

You experience persistent
leakage of urine.



You have excessive blood
in your urine, or you are passing
urine with blood clots.



You are unable to pass urine.



You develop persistent
fever and chills.

Notes:

Blank lined area for taking notes, consisting of numerous horizontal dotted lines.

Notes:

A series of 25 horizontal dotted lines for writing notes.

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Nearest MRT Station: Kent Ridge (Circle Line)

Information is correct at time of printing (September 2022) and subject to revision without prior notice. The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Contact us

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Opening Hours
Monday to Friday: 8:30am - 5:00pm
Closed on Sat, Sun & Public Holidays

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