

# Antegrade ureteric stent insertion: aftercare

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You have had an antegrade ureteric stent placed. This is a procedure where a tube is placed into the ureter (the tube in your body that drains urine from the kidney to the bladder) via your kidney to allow urine to drain internally. It is usually performed when there is a blockage of the ureter, but may also be placed to help healing where there is a urine leak.

This was performed by Dr \_\_\_\_\_

Date and time: \_\_\_\_\_

Blood pressure/Pulse on discharge: \_\_\_\_\_

Clinical condition on discharge: \_\_\_\_\_

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## What to expect afterwards:

- Rest, take it easy and avoid strenuous activity for the next 48 hours.
- You may have pain, bruising and discomfort near/around the incision site. This should improve over the next 24-48 hours. Please take painkillers for relief, either at home or ask the nursing staff if in hospital.
- You may experience irritation of the bladder or a feeling of needing to pass urine. This is normal, and due to the end of the stent being in contact with the bladder. It will usually go away after a few days.
- Sometimes, a tube is left draining from the kidney through the skin. This is usually a temporary measure to allow any bleeding within the kidney to settle and is removed around 48 hours after the stent is placed.
- Slight oozing from your wound site is normal, if you see fresh blood or bleeding put pressure on it immediately. If it does not stop after 10 minutes of pressure, then call for help – please attend the Emergency Department (A&E) or call 999.

## When to seek help

Please contact us if you experience:

- New fresh or increased bleeding
- Light headedness, dizziness, nausea, clammy skin, blurry vision and loss of consciousness.
- Pain that is not controlled with painkillers.
- Pus or mucky material around the wound.
- Bright red blood in any drainage bag.

**Please bring this information sheet with you if you seek medical attention.**

## Pain relief

If you have the following painkillers at home, take as follows if it is safe for you to do so:

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- **Paracetamol** – do not take more than 8 tablets in 24 hours (unless you have been advised otherwise e.g. you have a reduced liver function).
- **Anti-inflammatory** – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain (unless you have been advised otherwise e.g. you have a duodenal ulcer).

As healing occurs, you will feel less pain. Once your pain is controlled and is mild, you should only take paracetamol. If your pain remains severe for more than three days or is not relieved by your painkillers, you should contact your GP.

## Looking after your wound

Once the tube from the kidney to the skin has been removed, try to keep your wound dry for the next 24-48 hours after which you can remove the dressing and clean it normally. If you find your wound is still open, redress it with a plaster until it heals.

## When can I resume my normal lifestyle?

This will depend on how soon you recover. You should be able to resume most normal activities of daily living within 24 hours. Remember that you have a tube behind you, and make sure it does not get caught on anything or pulled out.

## When can I drive?

If you have been given local anaesthetic only, you may drive later in the day. You should consider whether your wound or pain may prevent you from driving, i.e. being able to perform an emergency stop comfortably. If you were given sedation then you should not drive for the next 24 hours (see separate information sheet).

## What happens next?

You may require a further procedure to remove the blockage, which is usually performed by the urology team. Some people have stents in place permanently, in which case they need to be changed every 3-6 months. This is usually performed by the urology team under general anaesthetic.

## Contact us

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours, please attend Royal Berkshire NHS Foundation Trust Emergency Department or your nearest Emergency Department (A&E).

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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RBFT Radiology, September 2023. Next review due: September 2025

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