

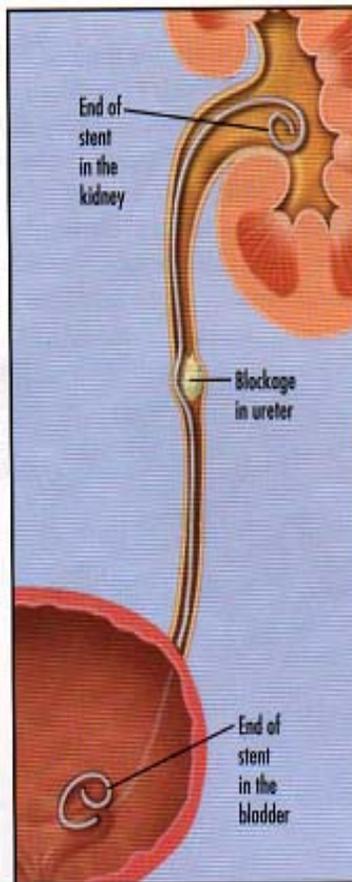


METROUROLOGY

DOUBLE J STENT INSTRUCTIONS

What is a double J stent?

A double J stent is a soft tube that is placed during surgery. This tube has a curl at both ends designed to prevent the stent from moving down into the bladder or up into the kidney. Some stents have a string attached to them which exits from the urethra. Stents are placed in the ureter which is the tube that runs from the kidney to the bladder.



Why is a stent placed?

A stent is placed to prevent or relieve a blockage in the ureter. After many stone surgeries the small pieces of stone can drop down into the ureter and block it, causing severe pain and occasionally infection. A stent allows the ureter to dilate, which makes it easier for stones or stone fragments to pass.

Other surgeries in which stents are used includes:

- Removal of tumors from either the ureter or the kidney
- Repair of scars in the ureter
- Removal of tumors from around the ureter

What does it feel like to have a stent in your ureter?

The stent opens up the valve that prevents urine backing up into the kidney from the bladder when you urinate. This means that when you urinate, especially at the end, you may feel a slight tugging or stretching sensation in your back. If someone is very skinny or has very large back muscles, the stent sometimes can push on a nerve lying in the back of the abdomen, producing a temporary burning sensation in the back or in the upper thigh.

Most people will have some bladder irritation, especially at the end of urination. Often there is some frequency and burning with urination.

The stent can scratch the bladder lining so a small amount of bleeding can be expected either from the stent or the operation for which the stent was needed. Try to force fluids to flush out the bladder. Drink enough fluid to keep the urine watermelon colored or clearer. This bleeding may last as long as the stent is in place.

What can be done to treat the symptoms?

If you are having nerve irritation, try to decrease your activity, soak in a warm bath and take pain medication.

Should you have problems with urinary urgency, frequency and/or bladder discomfort, there are several medicines that we can give you:

- Pyridium is a bladder anesthetic that will decrease irritation from the stent. This medicine makes the bladder less sensitive. It normally turns the urine a deep pumpkin orange. This medicine is taken three times a day on an as-needed basis.
- If bladder spasms are severe, or you are bothered by severe urinary frequency or urgency, you may take a bladder-relaxant medicine such as Detrol or Ditropan. They do have side effects of dry mouth, constipation, dry eyes and occasional difficulty emptying the bladder out. If these side effects are too bothersome, stop the medicine. Should the side effects be less bothersome, cut the dose of medicine in half.

How long do I need to keep the stent in?

Stents are left in for varying lengths of time depending upon the reason for which the stent was placed. Talk to your doctor about how long you can expect to have to keep your stent. Stents usually are not left in for longer than three (3) months. **IF YOUR STENT HAS BEEN LEFT IN FOR LONGER THAN 3 MONTHS, CONTACT YOUR UROLOGIST.**

How are stents removed?

Stents with a string attached are pulled out gently by the patient, nurse or doctor. Stents without strings are removed in the urologist's office by using a cystoscope to look in the bladder. It is recommended to drink 2 - 3 cups of fluid immediately after the stent is removed. You can expect some pain in the side or lower abdomen; some burning with urination and some blood in the urine for 2 - 3 days after the stent is removed.

When should the doctor be called?

- Rarely the stent may move down into the urethra tube. When this happens, urine leaks out continually as a steady drip.
- If you experience a fever of 101.0 degrees