

Patient Education Checklist Following Kidney Stone

The purpose of this document is to ensure a standardized method for covering all relevant patient education material following kidney stone surgery. It is designed to be used as a checklist while covering the key points within the accompanying UVA educational resources: *Managing Pain and Urinary Symptoms following URS*, and *Ureteral Stents: What to Expect and How to Manage*.

Managing Pain and Urinary Symptoms following Ureteroscopy

- Common symptoms When to call your doctor
- Medications prescribed to manage pain and reduce symptoms (please circle):

Alpha-Blockers	Ancholinergics	NSAIDs	Opioids	Other
Tamsulosin (Flomax)	Oxybutynin (Ditropan)	Ketorolac (Toradol)	Hydrocodone/acetaminophen (Norco, Vicodin)	Phenazopyridine (Pyridium)
Alfuzosin (Uroxatral)	Tolterodine (Detrol)	Ibuprofen (Motrin)	Oxycodone/Paracetamol (Oxycontin)	Acetaminophen (Tylenol)
Other: _____	Other: _____	Other: _____	Other: _____	Other: _____

Ureteral Stent: What to expect and how to manage

(See directions for viewing our Stent Education Video on page 5)

Was a stent placed during surgery? Yes No

(If yes, complete checklist below)

- Defining a stent Managing stent-related symptoms
- Symptoms associated with a stent Affect on daily activities

STENT REMOVAL

My stent will be removed in _____ days



Was the stent placed on a string?

YES (circle selected option below) NO (circle selected option below)

Patient removal | Office removal by RN

Office removal | Surgical removal

What can I expect after the stent is removed?

- You had surgery to remove or fragment your kidney stones, also known as an ureteroscopy.
- After surgery, you may have some degree of pain or discomfort.
- In most patients, these symptoms can be managed with medications.

Common symptoms after kidney stone surgery



Pain in the bladder, lower abdomen, and/or lower back



Urinary frequency, and/or urgency



Burning with urination



Blood in the urine



Sensation of incomplete emptying of the bladder

The following recommended medications may be provided by your doctor to reduce symptoms following your kidney stone surgery

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)

- Best at managing flank and abdominal pain related to kidney stones by reducing inflammation

Examples: Toradol, Ibuprofen (Motrin), Naproxen (Aleve), Diclofenac

Alpha Blockers

- Helps with flank pain, abdominal pain, and urinary symptoms after surgery by relaxing bladder and ureter muscles
- Helps relieve stent discomfort
- May assist kidney stone fragment passage

Examples: Tamsulosin (Flomax)

Acetaminophen*

- Manages flank and abdominal pain after surgery by blocking pain signals
- Very effective when combined with NSAIDs

**Do not take more than 3000 mg of acetaminophen in a 24 hour period*

Anticholinergics

- Prevents bladder spasms and bladder pain by preventing involuntary muscle movements
- Helps relieve stent discomfort

Examples: Oxybutynin (Ditropan) and Tolterodine (Detrol)

You may also be prescribed the following optional medications to help reduce your symptoms

Opioids⁺⁺, ⁺⁺⁺

- Manages flank and abdominal pain after surgery by blocking some pain receptors
- Can cause nausea, vomiting, constipation

Examples: Norco, Vicodin, Oxycodone

++ Shorter duration (less than 3 days) is recommended to prevent dependence

+++ Most patients are able to manage symptoms without these drugs

Pyridium

- Helps with painful urination by interacting with the bladder surface to provide pain relief
- May turn urine orange

When to call your doctor



Chills, fever higher than 101.5°F



Difficulty or inability to urinate



Nausea, vomiting and unable to drink or keep down liquids



Constantly leaking urine



Severe pain that is not relieved by pain medication



The stent falls out




This document was designed for adult patient education.

The information herein was originally developed by the Michigan Urological Surgical Improvement Collaborative (MUSIC), 2019.

For additional information regarding this resource, please contact us at:

UVA Health Urology Care

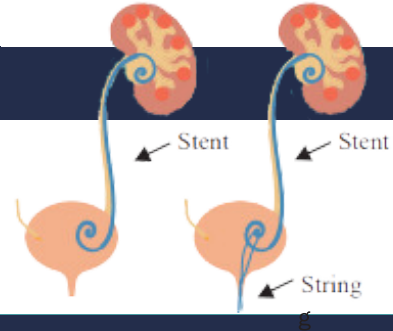
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 uvahealth.com/services/urology

What is a stent?

A ureteral stent is a plastic, flexible, hollow tube that helps the kidney drain urine after kidney stone surgery.



When is a stent needed?

A stent is placed if your urologist thinks the urine might not drain well after kidney stone surgery. Stents are often placed to stop stone fragments or blood from blocking urine leaving the kidney and to prevent spasms in the ureter. Stents can be left with or without a string.




What can I expect with a stent?

It is very common for stents to cause symptoms following surgery. You may experience some of the following:

- Urinary frequency and urgency
- Burning or pain in your lower back during urination
- Blood in the urine
- Sensation of incomplete emptying of the bladder
- Discomfort or pain in the bladder, lower abdomen and/or lower back




How to manage stent symptoms?

 Drink plenty of fluids




Pain medication can be helpful in reducing discomfort or pain


 Medications like Tamsulosin (e.g., Flomax) have been shown to reduce pain




Use a heating pad or take a warm bath for relief of pain

Will this affect daily activities?

 **Physical Activity:** You may restart your normal physical routine. If you see increased blood in your urine when you become more active, get off your feet, rest, and drink plenty of fluids.

 **Work Activities, Social Life & Travel:** Having a stent should not affect work activities, social life, or travel. If you experience urinary symptoms, you may need to use the bathroom more often.

 **Sex:** Having a stent should not affect your sex life. However, if you have a stent with a string coming outside the body through the urethra, sexual activities may be difficult.

Most patients have some of the symptoms, but they usually go away once the stent is removed.

How is the stent removed?

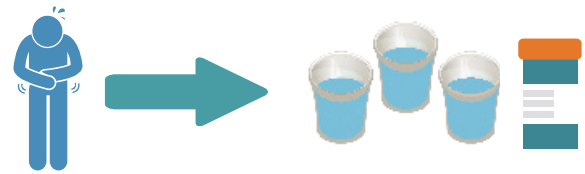
- Your stent is often removed within the first two weeks in the doctor's office.
- If the stent was left with a string, you can remove it at home or have your doctor's office remove it.
- Before the stent is removed, drink plenty of water and take pain medication.



What can I expect after the stent is removed?

While most patients do not experience any symptoms after the stent is removed, some patients experience cramping due to bladder or ureteral spasms which may lead to feelings of nausea or urinary urgency. This is not unusual and will pass with time.

Continue to drink a lot of liquids and keep taking your pain medication as directed. Some doctors may prescribe medications to help alleviate these symptoms.



When to call your doctor?



Chills, fever higher than 101.5°F



Difficulty or inability to urinate



Nausea, vomiting and unable to drink or keep down liquids



Constantly leaking urine



Severe pain that is not relieved by pain medication



The stent falls out

Remember

These symptoms are common, and do not require medical help. They will pass with time:

- Pain or discomfort
- Urinary frequency or urgency
- Burning or pain during urination
- Blood in urine
- Sensation of incomplete emptying of the bladder

If you are still concerned, please contact your doctor's office.

To watch a **video on stent education**, including what to expect and how to manage symptoms, scan the QR code with your smartphone or visit www.musicurology.com/stent-video/



How to scan a QR code:

1. Open the camera app on your smartphone device.
2. Scan the QR code (left).
3. Click on the banner link to begin the video.




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