

HOW TO MANAGE WITH A DJ STENT

- DJ stent is an internal tube placed from your urinary bladder to the kidney. It helps in draining the urine from kidney to the urinary bladder in case of any obstruction along the path (stone, stricture or external compression) or after any ureteral surgery or injury. It also helps in passively dilating the ureter.
- DJ stent is usually kept for two to six weeks, although it can be kept for a maximum of usually 3 months. Special long term stents (silicone stents) may be changed yearly and metallic stents may be kept for life.
- Take following precautions and care after placement of DJ stent:
 - Do not strain to pass urine
 - Avoid excessive physical activity like long walk/jogging/running/etc
 - There may be some amount of discomfort/heaviness on the side of the stent, especially while passing urine. This is normal and due to reflux of urine into kidneys
 - While passing urine, try to go and pass urine 10 minutes after first voiding. If some amount of urine has refluxed back, it will come out
 - There may be slight burning sensation/urgency while passing urine. This is normal
 - Few drops of blood may come out at the end of urinary stream. This is normal
- **Remember to get it removed as advised. A forgotten DJ stent may cause stone formation and infection, leading to kidney damage**

For emergency (fever with chills or excessive bleeding), call your doctor or visit the hospital emergency

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