



**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No/nr. 2001/005764/07



## JJ-STENT

### Home education

1. You can continue with your normal daily activities e.g. driving, sexual activities, walking, exercise and travel
2. Drink enough fluids 2-3 litres per day
3. Take your medicine as prescribed
4. You can relax in a hot bath or shower if you experience discomfort
5. Rest when you can
6. If urine becomes blood stained, increase your fluid intake
7. Make sure you attend your follow-up appointment to remove the JJ-stent
8. Contact your doctor or The Urology Hospital (after hours) if any of the following occurs:
  - constant, unbearable, persistent pain
  - fever-like symptoms
  - nausea or vomiting
  - difficulty in passing urine
  - if your stent falls out
  - if you notice a significant increase of blood in the urine

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