

Quality of Life Impact and Recovery after Ureteroscopy and Stent Insertion: Insights from Daily Surveys in STENTS



What was this study about?

After a surgery called ureteroscopy (“yer-ee-ter-AHH-skuh-pee”) to remove a patient’s kidney stone, doctors often insert a small tube called a stent inside the body for a short time to help with healing. These types of stents are common, but some people have severe pain and problems when using the bathroom (like needing to pee often) while the stent is in place. The STENTS study asked: **How do people feel each day while the stent is in place, and what happens after it is taken out?**

Why did we do this study?

Many patients say stents are uncomfortable, but doctors don’t know exactly how symptoms change day by day. By tracking people closely over the course of a study, we wanted to help set better expectations and improve care after surgery.

What did we learn?

- Symptoms were the worst right after surgery (the first 1–2 days). They decreased as time went on, but some symptoms remained until the stent was removed.
- Everyone’s experience was different. Some people had a lot of pain and problems when peeing; others had less. It was also common for each person to have both good and bad days.
- The survey responses from people in the study showed the same pattern of symptoms from day to day. This helps doctors to trust the data from the daily reports.

How did we do this study?

- 40 people who had ureteroscopy and received a stent filled out daily surveys until the stent was removed. They also checked in with our team 1 month after the stent was removed.



- Surveys asked about pain, how pain affected daily life



Problems when peeing



Overall Discomfort

What does this mean for patients and care teams?

- **Plan for the first few days:** Patients should expect the first couple of days to be the hardest. Pain when peeing or even when not peeing is likely. Other related problems are also possible. Resting may help.
- **Care is personal:** Symptoms vary a lot, so patients should check in with their care team if symptoms are not as expected. The care plan can be adjusted as needed.
- **It gets better:** Symptoms usually improve quickly after the stent is removed.

Learn more about this study from the full research article:

<https://pubmed.ncbi.nlm.nih.gov/35387623>