

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

Southport Hospital
Town Lane, Kew,
Southport, Merseyside, PR8 6PN
Telephone: 01704 547 471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

Living with a Ureteric stent

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

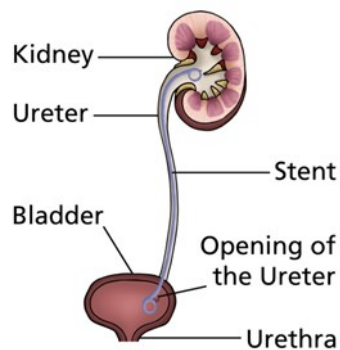
What is a ureteric stent?

A ureteric stent is a plastic tube used to keep the kidney draining if the ureter (thin tube structure) becomes blocked. This can result in pain, life threatening infection and damage to the kidney.

It is about 20-30cm long with a 2 curls on each end.



Ureteric stent



They will assist you via the telephone, advise you return to your GP or ask you to make your way to the nearest emergency department in your place depending upon the nature of your concern.

Ward 4A – 0151 430 1420

Ward 4B – 0151 430 1637

Ward 4C – 0151 430 1643

Sanderson Suite - 01744 646 112

Stone Nurse Specialist - 07880 293 602

Urology Booking Office– 01744 646 310

For further information?

The British Association of Urological Surgeons (BAUS) patient leaflet: Living with a Ureteric Stent

Website: <https://www.baus.org.uk/default.aspx>

Why are stents inserted?

A ureteric stent is sometimes inserted as an emergency to bypass an unexpected blockage in the ureter such as kidney stone.

This is usually a temporary measure only to treat the blockage and you will be required to return after several weeks for a definite procedure to breakdown and remove the stones.

It may also be inserted at the end of the surgery involving your ureter to protect you from blockage caused by swelling that occurs in the first few days after the procedure.

Please ask on the ward or in the outpatient clinic for the information regarding Flexible Cystoscopy.

What should I do if no one contacts me about removal of the stent?

Our Urology Department have a “stent register” to ensure that we do not forget to remove your stent.

However, if you have not received any contact within six weeks of your discharge from hospital, please contact your urologist or specialist nurse.

Are there any other important points?

This publication provides input from specialists, the British Association of Urological Surgeons, the Department of Health and evidence based sources as a supplement to any advice you may already have been given by your GP.

Alternative treatments can be discussed in more detail with your urologist or specialist nurse.

Who can I contact if I have a problem when I get home?

If you experience any problems related to your surgery or admission once you have been discharged home.

Please feel free to contact the ward for advice from the nurse in charge.

Insertion of a ureteric stent is usually performed under a general anaesthetic.

The surgeon will need to pass an instrument via the urethra (the water pipe leading to the bladder) and use an x-ray control to ensure that the stent is correctly positioned.

What should I expect afterwards?

You may find that, when you first pass urine it stings or burns and is slightly blood stained.

You may also experience a desire to pass urine frequently and some discomfort in the lower part of your abdomen. Men can experience pain at the tip of the penis and some women develop symptoms similar to those of cystitis.

These acute symptoms will, in most cases, settle within 24 - 48 hours.

Some patients with ureteric stents develop pain in the kidney when they pass urine; this is quite common and is not a cause for concern.

What should I do afterwards?

For the first few days after insertion of a ureteric stent, it is important to drink plenty of fluids, 2 - 3 litres (4 - 5 pints) each day, in order to flush your system through.

Your stay in hospital should be no more than one night.

If you have a stent with a string, then take extra care not to accidentally dislodge the stent.

How long does a stent need to remain in place?

The stent has to be kept in place as long as necessary i.e. until the obstruction is relieved.

This depends on the cause of the obstruction and the nature of its treatment.

For the majority of patients, the stents are required for only a short duration, from a few days to a few months.

When the underlying problem is not a kidney stone, the stent can stay even longer. There are special stents, which may be left in for longer periods of time.

How is the stent removed?

If you have had a stent inserted after kidney surgery, it is temporary and only needed for a short period of time.

There are two ways for removal:

1. Stent on a string

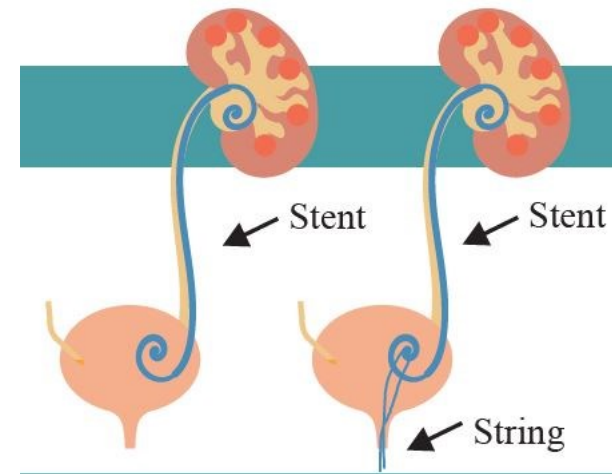
For most patients, the stent will only stay in place for 3 - 7 days. In these cases, we often place the stent attached to a string which stays outside the body.

The string can be pulled until the entire stent is removed.

This is very quick and does not cause significant discomfort.

The stent is about 20 - 30cm long with 2 curls on each end.

A string is attached to the lower end as shown on the next page.



2. Flexible cystoscopy

If the stent is not attached to a string, the stent is removed by a flexible cystoscopy in the outpatient department.

Some local anaesthetic gel is used to numb and lubricate, and a small camera is inserted into the bladder via your urethra (water pipe) by one of the urology staff/doctor.

The end of the stent can be grasped and pulled out.

Please note that most stents should be removed after approximately 6 weeks.

If you have not heard from us within that period of time, please let us know to be sure that we have booked you in to have the stent removed.

In very occasional cases this might be performed as a day case for removal under a general or spinal anaesthetic.

If you need additional information about the procedure of stent insertion/removal, we can provide information about these procedures.