

# Ureteric Stent Removal Using a String

## Information for Patients

### What is this leaflet about?

This leaflet explains how your stent can be removed.

### What is a ureteric stent?

A soft plastic hollow tube which is placed in your ureter. Your ureter is the water pipe which connects your kidney to your bladder. A stent is about 20-25cm long, 2mm wide and is usually blue. A fine string is attached to the stent when it is inserted during your operation. The string attaches to the end of the stent and passes out through the bladder water pipe (urethra). You can pass urine normally around the string.

### Why do I need a ureteric stent?

A stent is placed to help your kidney drain by preventing blockage of the ureter (kidney water-pipe). A stent is often required for a short period (e.g. 5-10 days) after a telescope procedure for stones (ureteroscopy). Your doctor will tell you how long your stent should stay in for.

### Why do I need to remove my ureteric stent?

Stents may block if they are left in for too long (usually months). A blocked (encrusted) stent can cause infections or kidney damage and typically needs a big operation to be removed. Stents may cause pain, a frequent need to pass urine and blood in the urine.

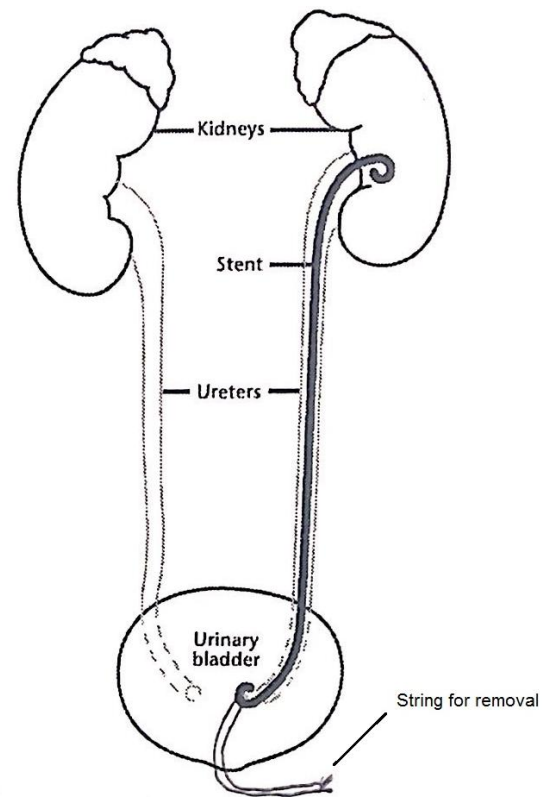


Illustration by R Webber, modified by JF Donaldson

### When should I remove my ureteric stent?

Remove your stent on \_\_\_\_\_

### How do I remove my ureteric stent?

A stent can be removed using the string which is attached to the stent when it is inserted during your operation. You can either remove the stent yourself at home (see over the page on how to do this) or you can come back to hospital and have the stent removed for you.

### Preparation

It is best to remove the stent in the morning in the shower or bath. Drink 3 cups of water and take a pain medicine such as paracetamol 30 minutes before removing your stent.

## Stent removal

Simply pull on the string and the stent will easily come out with it. You may feel mild discomfort in your kidney, bladder, penis or vagina. After removing the stent make sure that it has been completely removed: it should have a pig tail (curl) at each end.

## What happens if I am unable to remove my stent?

Call 01315371874 (Nurse Urology Unity, 9am-4pm Mon-Fri) or 111 (out of hours) if you are unable to remove the stent or have removed only part of the stent.

## What can I expect after removal of the stent?

You may notice blood in your urine, a burning sensation passing urine and tummy or back pain. This is usually mild and lasts for a few hours but can sometimes last for 14 days.

## What should I do after removing my stent?

- Dispose of the stent in your usual household waste bin
- Drink 2.5-3 litres of fluid each day and continue pain medicine(s) as needed
- Please call the hospital to let us know that you have removed your stent within 7 days on 0131 5371602 Mon-Fri 9am-4pm.

## Back to normal life and Follow up

You can start all your normal activities when you feel well enough after removing your stent, this would usually be the day after. Your doctor will tell you if you require follow up.

## When should I get medical attention?

Call 01315371874 (Nurse Urology Unit, 9am-4pm Mon-Fri) or 111 (out of hours) if you:

- Have a fever (temperature  $>38.0^{\circ}\text{C}$ ) or sweats or shakes or vomiting
- Have large clots in your urine or difficulty passing urine
- Have severe pains not treated by your usual pain medicines
- Have accidentally removed your stent before you were told to do so.

## Any more questions?

Please call the Nurse Urology Unit on 0131 5371874 Mon-Fri 9am-4pm.

## Further information and Leaflets

- **British Association of Urological Surgeons:** [www.baus.org.uk](http://www.baus.org.uk) - leaflets including 'Living with a ureteric stent' can be found under 'stone procedures'
- **EdREN:** [www.edren.org](http://www.edren.org) - the Renal Unit at the Royal Infirmary of Edinburgh.

## Interpretation and Translation

This leaflet may be made available in a larger print, Braille or your community language.