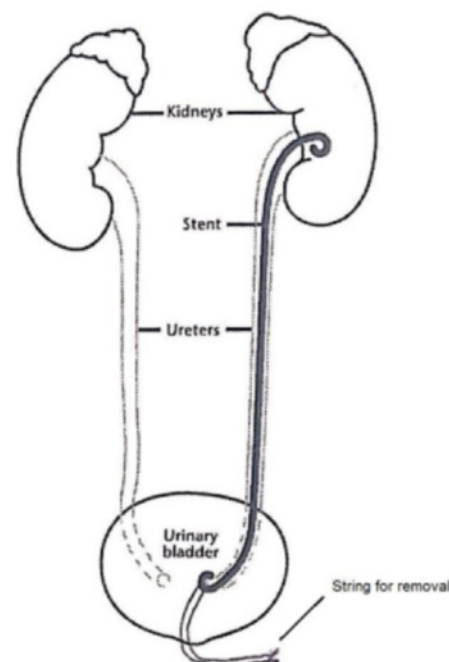


Ureteric stent removal using a string

Urology Patient information

What is a ureteric stent?

A ureteric stent is a small, soft tube placed inside the ureter. The ureter is the tube that carries urine from the kidney to the bladder. The stent is usually blue, between 20-28cm long and 2mm wide. The stent helps urine drain from the kidney. One end sits in the kidney and the other sits in the bladder. Both ends are curled to help keep the stent in place. A thin string is attached to the stent. The string comes out through the urethra (the tube you urinate through). The string is used to help remove the stent later. You can still urinate normally while the stent is in place.



Why do I need a stent?

A stent keeps the ureter open and helps urine drain from the kidney. You may need a stent after treatment for kidney stones. Most stents stay in place for 3 to 10 days. Your doctor will tell you how long your stent needs to stay in.

How might I feel while the stent is in place?

It is normal to have some symptoms while the stent is in place. These can vary from person to person. Everyone has a different level of sensitivity to discomfort or pain.

Common symptoms include:

- urinating more often
- a burning feeling when urinating
- feeling a sudden need to urinate
- pain or discomfort in the kidney, bladder, urethra, or genitals
- blood in the urine
- pain at the tip of the penis in men
- feeling like the bladder is not fully empty
- small urine leaks
- urine infections

These symptoms are common and usually improve after the stent is removed. Drink two litres of water each day unless a doctor has told you not to.

What should I do while the stent is in place?

- 1 Keep well hydrated by drinking two to three litres of water each day, unless a doctor has told you to drink less because of heart, kidney or liver problem or because you are taking water tablets.
- 2 Keep the stent string tucked safely inside your underwear, away from zips or tight clothing. Treat the strings as part of your body until the stent is removed. Avoid pulling or tugging on the strings, This may cause discomfort or increase stent-related symptoms.
- 3 Do not pull the string.
- 4 Contact your GP or hospital if you think you have an infection.
- 5 If you think your stent has been left for too long, contact the Urology Nurse Practitioners or your Consultant's secretary.

Why does the stent need to be removed?

A stent should not stay in the body for too long. If it stays in too long, it may become blocked (encrusted). This can cause infection or kidney damage.

When should I remove my stent?

Remove your stent on: _____

How do I remove my stent?

The stent has a string attached to help remove it.

You can:

- remove the stent yourself at home, or
- return to hospital for a healthcare professional to remove it.

Some people feel worried about taking the stent out themselves. This is normal. The stent is made to come out safely. Most people find it quick and easier than they thought.

We advise removing the stent during working hours (Monday to Friday, 8am to 5pm). This means you can call the urology nurse practitioners if you have any problems or questions.

If you do not want to remove the stent yourself, a healthcare professional or a carer can do it for you..

Removing your stent at home

Before you start

- Remove the stent in the morning if possible.
- You may find it easier to remove the stent while sitting in a warm bath. The warm water can help you relax and make it feel more comfortable.
- Drink plenty of water.
- Take pain relief, such as paracetamol or ibuprofen, one to two hours before removing the stent.

Removing the stent

- 1 Wash your hands.
- 2 Gently hold the strings by wrapping the strings around your finger.
- 3 Slowly pull the string away from your body. (Taking slow, deep breaths as you pull can help relax your muscles and make the process more comfortable.)
- 4 Keep pulling slowly until the stent comes out.

The stent should slide out smoothly.

You may feel mild discomfort in the kidney, bladder, penis, or vagina. This is normal and should pass quickly.

After removal, check the stent is complete. There should be a curl at both ends.

What if I cannot remove the stent?

Call:

- Urology nurse practitioners: **0300 019 5886 / 4871**
Monday to Friday, 8am to 5pm
- NHS **111** outside these hours

Call for help if:

- the stent only partly comes out
- you cannot remove the stent
- the string breaks

What should I expect after the stent is removed?

It is normal to have mild symptoms for a few days.

These may include:

- a burning feeling when urinating
- urinating more often
- small amounts of blood in the urine
- a dull ache in the side or lower tummy

These symptoms should improve with:

- rest
- drinking fluids
- simple pain relief

Contact your healthcare team if symptoms become severe or do not improve.

What should I do after removing the stent?

- Put the stent in your household waste bin.
- Drink two to three litres of fluid each day unless a doctor has told you not to.
- Continue pain relief if needed.

Please call the hospital within seven days to let us know the stent has been removed:

0300 019 5886 / 4871 Monday to Friday, 8am to 5pm

Getting back to normal

You can return to normal activities when you feel ready. Most people feel better a few days after the stent is removed.

Your doctor will tell you if you need any follow-up appointments or tests.

When should I get help?

Contact urology nurse practitioners or hospital if you have:

- severe pain that does not improve
- fever or high temperature
- burning pain when urinating
- bad-smelling urine
- large amounts of blood in the urine
- blood clots in the urine
- difficulty urinating
- no urine coming out
- the stent falls out
- constant leakage

Call:

- Urology nurse practitioners: **0300 019 5886 / 4871**
Monday to Friday, 8am to 5pm
- NHS **111** outside these hours

Questions or concerns

Please contact the urology nurse practitioners:

0300 019 5886 or **0300 019 4871**

Monday to Friday, 8am to 5pm

More information

For more information,
visit the British Association of Urological Surgeons:

www.baus.org.uk

To read this leaflet in a different language,
please visit our website: **www.uhd.nhs.uk/visit/patient-information-leaflets**
and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499**
or email **uhd.patientexperienceteam@nhs.net**.

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