

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net. This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

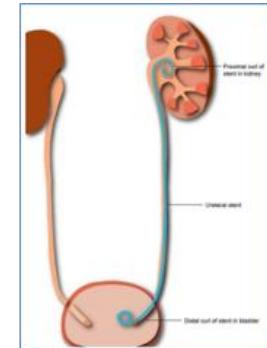
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INFORMATION FOR PATIENTS

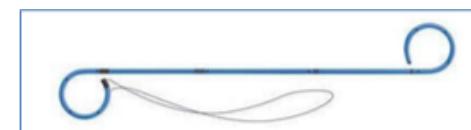
Ureteric stent removal (using a string) at home

A ureteric stent is a soft hollow plastic tube which has been placed in your ureter during your operation. The ureter is the water pipe which connects the kidney to the bladder.



Your stent has been placed to help your kidney drain by preventing blockages of the ureter. A stent is often required for a short period after a procedure for stones.

Your stent is designed to stay in place with a coil at each end of the stent with one end in the kidney and one end in the bladder. Attached to the end in the bladder is a fine string. This string passes out of the bladder through a water pipe called the urethra. You can pass water normally around the string.



What symptoms can I expect with a stent?

It is normal to experience symptoms with a stent; some people have some or all of the symptoms below, which may come and go:

- Back pain, particularly when passing urine or stinging discomfort when passing urine.
- Blood in the urine.
- Going to the toilet more often (frequency) and needing to rush to the toilet (urgency).

Why do I need to remove my stent?

Stents may become blocked if left in for too long (months). Blocked stents can cause infections or kidney damage and may need bigger, more complex operations to be removed.

After stent removal

Dispose of the stent in your usual household bin. Drink 2.5-3 litres of fluid a day and take pain medication as needed.

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

When should I remove my stent?

Date:

How do I remove my stent?

Preparation

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

Stent removal:

- Pull gently but firmly on the string and the stent should come out easily. It is normal to feel a mild discomfort in your kidney, bladder, penis or vagina. Ensure all parts of the stent have been removed.
- Take a photograph of the stent and email this, along with your full name and date of birth to: stentsselfremoval@nhs.net

What happens if I am unable to remove my stent?

Call the nurse in charge on the Day Case Unit as King's Mill Hospital on 01623 622515, extension 6061 or 3087. It is likely that you will be asked to go to the hospital, so please take all parts of the stent that you have managed to remove with you.

When should I seek medical attention?

Call the nurse in charge on the Day Case Unit as King's Mill Hospital on 01623 622515, extension 6061 or 3087, if you:

- Have a fever (a temperature of over 38°C).
- Have shivers, shakes, sweats or vomiting.
- Are passing large blood clots or have difficulty passing urine.
- Have severe pains not managed by pain medications.
- Have accidentally dislodged or removed your stent before you were told to do so.

Further information

Click on the QR codes using your phone's camera function.

Living with a ureteric stent



Dietary advice for stone formers



How to remove a stent

