



A guide to...

How to remove your ureteric stent at home

Important patient information, please read.

Date of insertion: _____ .

Planned date of removal: _____ .

Patient details or
label

Your ureter is your natural tube that connects the kidney to the bladder. This stent is a flexible plastic tube that is placed into your ureter and begins in your kidney and ends in your bladder, but is less than 3mm in width. We have placed this to ensure that your kidney is draining appropriately after your surgery. There is a string attached to this stent and hangs outside you urethra (urine passage) and is taped to your body. Your urologist has asked you to remove your stent yourself at home on the date stated above.

What should you expect?

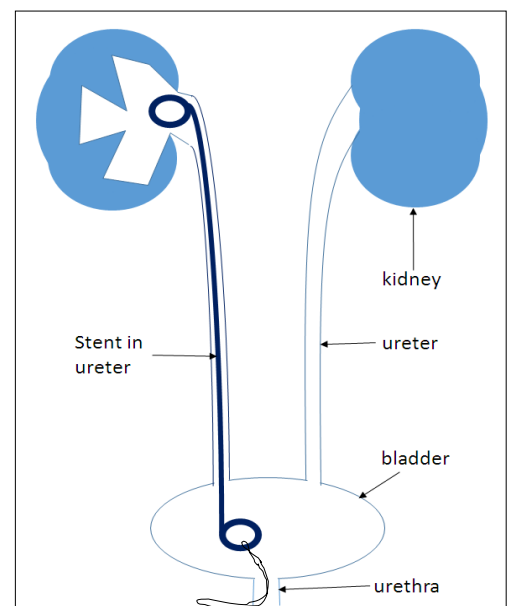
While you have the stent in your body you may have the following symptoms:

- Back pain towards the side, especially when you pass urine with pain in the bladder area
- Blood in the urine, increased frequency and urgency of urination
- Abstain from sexual activity as this may cause the stent to move from its correct position.

When should you see a doctor urgently?

You should attend A&E if you have the following:

- Fever
- Inability to pass urine.

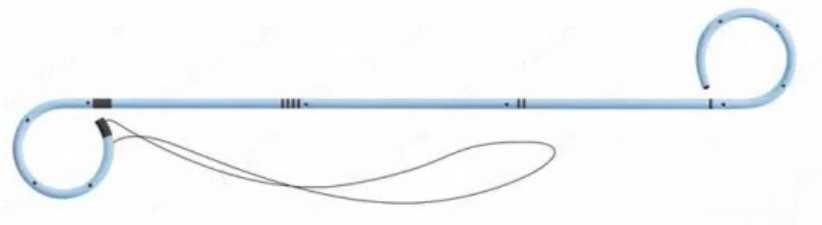


How to remove the stent on a string:

Ensure that you are well hydrated by drinking two to three cups of fluid when you wake up in the morning.

1. Pass urine like you would do normally in the toilet.
2. Lay on a bed with a towel underneath.
3. You may pass a few drops of urine and or some blood during or after removal.
4. Remove the dressing and grab hold of the string.
5. Pull the string with consistent but gentle force until the whole stent is removed
6. Avoid tensing your muscles that normally stop you passing urine.
7. Take a picture of the entire stent and email it to: westherts.urology@nhs.net to provide confirmation that you have removed the stent. Please include your date of birth in the email.
8. You can dispose of the stent in your non-recyclable waste.
9. Increase your fluid intake for the following 24 hours to around two litres.

Your stent should look like this:



Is the process of stent removal painful?

Most patients find removing their stent uncomfortable. However, you can take simple pain killers if needed. If you develop severe pain or fever, or are unable to pass urine attend the Emergency department.

What happens after its removed?

You may pass more blood in the urine for one or two days. You should drink around two litres of fluid per 24 hours (as long as you have not been fluid restricted for other reasons) for at least the next 48 hours. You can take simple pain killers like paracetamol if you have some pain. If you have severe pain or fever or are unable to pass urine, despite a full bladder, please attend the Emergency department.

Below are the contact details for the urology secretaries:

- Mr T Shaikh: 01727 897147
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If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217198** or email westherts.pals@nhs.net

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