



Removing a temporary ureteric stent

Patient information

Due to a recent procedure, the surgeon has placed a temporary stent in the ureter. The ureter is the tube between the kidney and bladder. This stent will help prevent the blockage of the ureter from swelling and help any small stones or debris pass through.

The stent is a hollow tube made of flexible plastic with two coils on either end. These coils help keep the tube in place and prevent unwanted dislodgement.

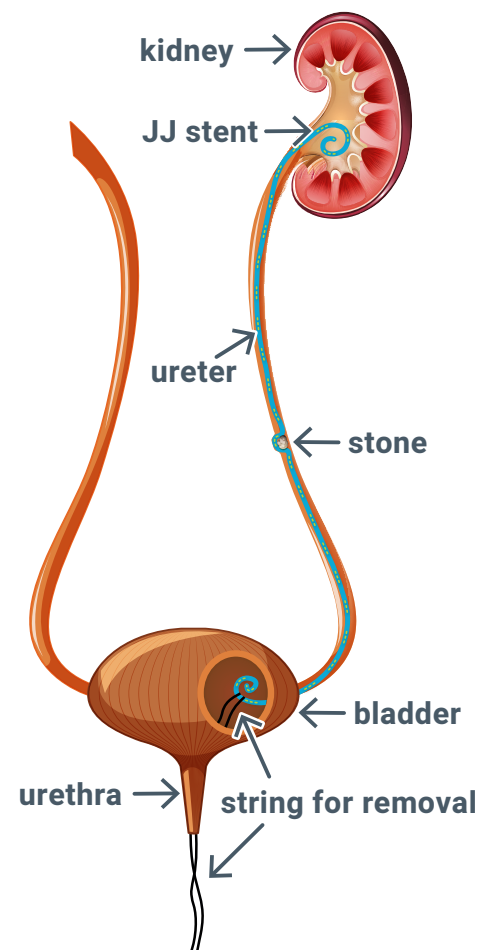
This stent is often referred to as a 'JJ stent'. This is a reference to the J-shaped coils on each end. The stent is about 25-30cm long.

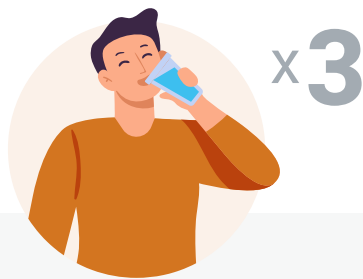
It is common for the stent to irritate the ureter and cause discomfort. This may be felt in the kidney, ureter or bladder and may feel as if you have a urinary tract infection (UTI). Some blood may be present in the urine (haematuria).

The stent is attached to a long string that comes out of the urethra. The urethra is the tube that is urinated from. This string is used to remove the stent; the exact timing depends on the doctor's instructions.

If the stent is accidentally dislodged or pulled down past your urinary sphincter, urine may continuously leak through the tube. Do not attempt to push the stent back up into place; simply remove it early. If the stent is causing so much discomfort that it cannot be tolerated, it may be removed earlier. However, this should be avoided if possible.

If the stent string disappears at any time before removal, please see your GP or call the Urology Department on (08) 6457 4861.





Preparation

1. Drink three cups of water and take pain relief, such as paracetamol, about 30 minutes before removing the stent.
2. Plan where the stent will be removed – over the toilet bowl or at the end of a warm shower is ideal. If you are assisting a dependent person, this procedure may be done in a bed.

When to seek help

Please see your GP, after hours GP or go to the Emergency Department if you experience:

- A fever (temperature >38c) with sweats, shakes and vomiting
- Difficulty passing urine or large clots in your urine
- Severe pain where simple pain relief is not effective.

The stent is to be removed on (date):



Sir Charles Gairdner Hospital

- 📍 Hospital Ave, Nedlands WA 6009
- 📞 General enquiries (08) 6457 3333
- 📞 Hearing impaired (TTY) (08) 6457 3900
- 🌐 scgh.health.wa.gov.au

Removal



1. Wash hands thoroughly.
2. Take several deep breaths and relax as much as possible. This will make the removal easier.
3. Take hold of the string and with a smooth, firm, and steady movement pull the stent downwards until completely removed. This may feel uncomfortable but should not be painful. Remember that the stent is up to 30cm long and should have a pigtail curl at the end.
4. Discard stent in the household bin.

Once the stent is removed there may be some blood in the urine, a burning sensation or discomfort passing urine, or stomach or back pain. This is normal and should last only a few hours, although can sometimes last for a few days. You may continue to take over-the-counter pain relief as needed. A urinary alkaliser such as Ural may also be helpful.

Ensure adequate hydration to prevent infection and blood clots.

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