



The British Association of Urological Surgeons

35-43 Lincoln's Inn Fields
London
WC2A 3PE

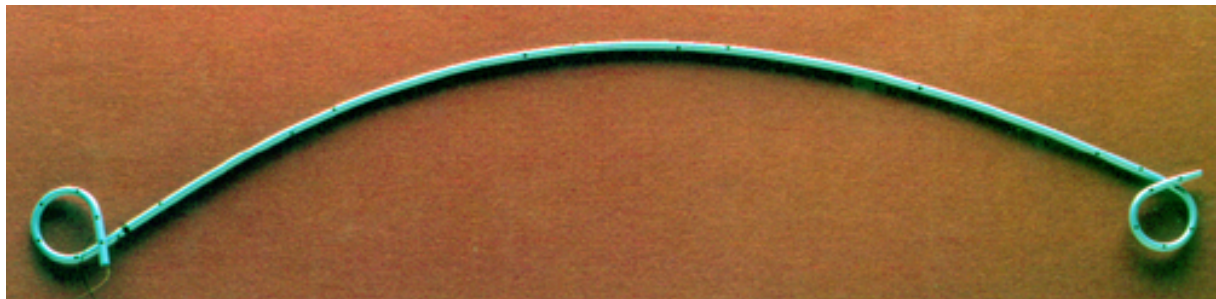
Phone: +44 (0)20 7869 6950
Fax: +44 (0)20 7404 5048
Website: www.baus.org.uk
E-mail: admin@baus.org.uk

LIVING WITH A URETERIC STENT

FREQUENTLY-ASKED QUESTIONS

Why are stents inserted?

Ureteric stents are inserted for many reasons but the commonest are blockage of the ureter (the tube draining urine from the kidney to the bladder) or as a prelude to lithotripsy (shockwave treatment) for a kidney stone.



How are stents inserted?

Stent insertion is usually performed under a brief general anaesthetic. In most cases, the surgeon needs to pass an instrument via the urethra (the water pipe leading to the bladder) and use X-rays to make sure the stent is correctly positioned. The procedure takes approximately 15 minutes to perform, and specific information about the procedure is available on request.

What should I expect afterwards?

When you first pass urine, it may sting or burn and be slightly bloodstained. You may also experience a need to pass urine frequently with some discomfort in the lower part of your tummy. Men can experience pain at the tip of the penis and some women develop symptoms similar to those of cystitis. In most patients, these symptoms settle within 24 - 48 hours.

Some people with ureteric stents get pain in one or both kidney(s) when they pass urine. This is quite common and is not a cause for concern

What should I do afterwards?

For the first few days after insertion of a ureteric stent, it is important to drink plenty of fluids. You should drink two to three litres (four to five pints) each day, in order to flush

your system through. Your stay in hospital should be no more than one night. Before you go home, you may need an X-ray to be sure that your stent is in the correct position.

How long does a stent need to remain in place?

A stent may be left in place for up to six weeks and it can remain in place longer during a prolonged course of lithotripsy. Most stents, however, can be removed after a shorter time.

Ureteric stents are normally removed in the outpatient clinic or the hospital day surgery unit and most stents can be removed within 6 weeks. You should be informed of this before you go home, or by letter at a later date.

How is the stent removed?

Stent removal is usually performed under local anaesthetic using a flexible telescope (right).



Local anaesthetic jelly is used to numb and lubricate the urethra. This ensures that insertion of the telescope is as comfortable as possible. The end of the stent is grasped with forceps and the stent removed.

If you require a general anaesthetic for stent removal, you will normally be admitted to the day surgery unit.

If you have not heard from your urology department within 6 weeks of your discharge, let them know so they can make sure that you have been booked in to have your stent removed.

If you need additional information about the procedure of stent insertion / removal, we can provide this for you; please ask on the ward or in the outpatient clinic for the appropriate information.

What should I do if no-one contacts me about removal of the stent?

The British Association of Urological Surgeons does run a national “stent register” to ensure that we do not forget to remove your stent. However, if you have not received any contact within 6 weeks of your discharge from hospital, please contact your urologist or specialist nurse.

Are there any other important points?

This booklet includes advice from specialists, the British Association of Urological Surgeons, the Department of Health and other sources. You should read this booklet with any advice your GP or other healthcare professional may already have given you.

Alternative treatments can be discussed in more detail with your urologist or specialist nurse.

Disclaimer

While we have made every effort to be sure the information in this booklet is accurate, we cannot guarantee there are no errors or omissions. We cannot accept responsibility for any loss resulting from something that anyone has, or has not, done as a result of the information in this booklet.

© British Association of Urological Surgeons (BAUS) Limited