

## Urology Department

# Ureteric Stents

### Introduction

Ureteric stents may be inserted for a number of reasons, the most common of which is a blockage of the tube or tubes that drain the urine away from the kidney into the bladder (Ureter). It is a specially designed hollow plastic tube that can stay in place for a period of up to six months after which they can be removed or replaced.

### How are the stents inserted?

Ureteric stents are usually inserted whilst you are under a general anaesthetic by the Urologist. It involves placing a small telescope known as a cystoscope into your bladder through the water pipe (urethra). The stent is then passed into the ureter and kidney through the opening of the ureter in the bladder. You may have an X-ray to make sure that the stent is in the right position

### What side effects may I experience?

You may experience pain or burning when you pass urine for the first time after your stent is inserted. Other symptoms may happen such as:

- A sensation of incomplete emptying of the bladder;
- Slightly blood stained urine;
- Having to pass urine more frequently;
- Discomfort in the lower part of the abdomen;
- Discomfort in the abdomen and kidney area, which worsens at the end of passing urine.

Many of these side effects will decrease, in most cases, in the weeks after the stent insertion



## Patient Information

### What should I do afterwards?

For the first few days after the ureteric stent insertion it is important to drink plenty of fluids approximately 2-3 litres each day. This will relieve some of the side effects you may be experiencing and also help to flush your system through.

### How is the stent removed?

If and when your kidney is functioning normally the stent can be removed. This is usually done in theatre and can be done under a local or general anaesthetic.

If the stent is still required after a period of time you will be admitted to hospital for a change of stent which is done the same way as the first insertion.

### Further Information

If you have any more questions please contact the Urology Clinical Nurse specialist team:

**Urology Clinical Nurse Specialists      024 7696 5373**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact your Urology secretary and she will do her best to meet your needs.

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#### Document History

Department:	Urology
Contact:	25149
Updated:	June 2021
Review:	June 2023
Version:	6.2
Reference:	HIC/LFT/746/08