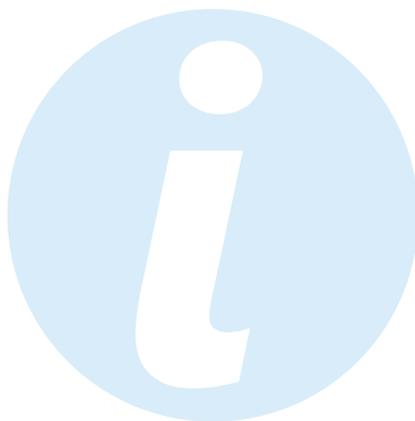


Having your ureteric stent removed



Information for kidney transplant patients

Sheffield Kidney Institute (Renal Unit)

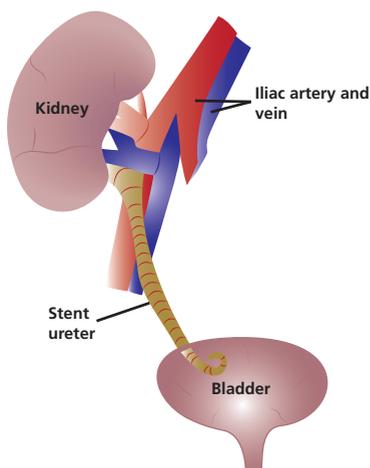


This leaflet explains what a ureteric stent is, why you have one, and how and when it is removed. It also gives you information on what to expect when you come to hospital to have the stent removed. If you have any further questions, please speak to a doctor or nurse caring for you in the transplant clinic.

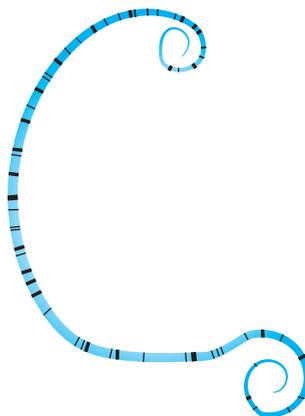
If you have not received an appointment to have your ureteric stent removed six weeks after your kidney transplant, please talk to a doctor or nurse in the transplant clinic.

What is a ureteric stent and why should I have it removed?

When you had your kidney transplant, a thin plastic tube called a ureteric stent was placed into your ureter. The ureter is a tube which connects the kidney to the bladder. The stent (shown in the picture below) protects the join between the bladder and the ureter during the first few weeks after your operation.



*Position of ureteric stent
in the body*



*What an actual stent
looks like*

Stents do not need to be in the body for a long period of time. They can cause infection and other problems. The stent will usually be removed between 3 and 6 weeks after your transplant operation. Removal of the stent is usually carried out as a day case procedure in the Renal Assessment Unit at the Northern General Hospital during one of your follow up visits at the transplant clinic.

Do I need an anaesthetic?

Most stent removals are performed with local anaesthetic in the Renal Assessment Unit.

Occasionally, you may need to have another procedure done at the same time as having your stent removed, such as removing your peritoneal dialysis catheter (if you have one). If this is the case, you will need these procedures carried out in an operating theatre, having either a general or spinal anaesthetic.

What happens when my ureteric stent is removed?

The whole procedure takes about 10 to 15 minutes.

You will be asked to change into a gown and lie down on your back. You will be covered with drapes leaving just your urethral opening exposed. The urethra is a tube that carries urine out of the bladder. The urethral opening is at the end of the penis in men and in the vagina in women.

The urethral opening and surrounding area will be cleaned. A gel containing local anaesthetic will be squirted into the urethra. This may cause a stinging sensation at first but will then numb the urethra. This reduces discomfort during the procedure.

The doctor will insert a flexible telescope called cystoscope through the urethra into the bladder. The flexible cystoscope is a tube that has a tiny video camera on one end. The cystoscope is similar to the catheter you

had after the transplant operation but is slightly more thick and stiff. Fluid will slowly be introduced into your bladder through the cystoscope to fill the bladder, allowing the doctor to see on a screen the inside of your bladder and the stent.

As your bladder fills up, you may feel the urge to pass urine, which may be uncomfortable. When the stent is located, a tiny wire inside the cystoscope will be used to grab the stent. The cystoscope and the stent will be removed from your urethra. The time taken from the cystoscope being put into the bladder and being removed with the stent is usually between 2 and 5 minutes.

What are the risks?

You may notice that your urine has turned a pink colour for 1 or 2 days after the stent has been removed. This is due to tiny amounts of blood in your urine and is not unusual.

There is a slight risk of developing an infection in the first 48 hours following the stent removal.

If any of the following happen you **must** contact the Renal Unit; we explain how to do this at the end of this leaflet:

- pain in the area of your bladder or transplanted kidney
- a raised temperature above 38°C
- generalised aches and shivers and feeling unwell
- your urine becoming a darker pink
- the pink colour continuing for more than 2 days

If this happens you may need further treatment such as antibiotics.

Are there any alternatives?

There are no other ways of removing your stent.

How do I prepare for having my ureteric stent removed?

You can eat and drink normally on the day of your appointment.

You can have all your usual medication.

When you arrive for your procedure, you will have your blood pressure, pulse, temperature and weight taken. A urine and blood test will also be carried out.

Normally during the first 6 months after a kidney transplant your medication will include an antibiotic called Septrin or cotrimoxazole. If you are not on any antibiotic, we may give you an antibiotic before the procedure to reduce the chance of developing an infection afterwards.

I am taking blood thinning tablets, do I carry on taking these?

Before arranging for your stent to be removed, the doctor would check your medications and blood test results.

You must carry on taking the blood thinning tablets as usual unless you are told to stop by the doctor taking out your stent.

Will I feel any pain?

You may experience some discomfort during the procedure. Occasionally, this can last up to 24 hours afterwards. If you do feel some discomfort you should take your painkiller tablets. Please make sure you have some at home before the procedure.

Do I need to sign a consent form?

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form. Signing the consent form means that you agree to have the procedure and you understand the risks and benefits involved and have been able to ask any questions you have.

If you would like more information about the procedure or the consent process, please speak to a member of staff caring for you.

What happens after a ureteric stent removal?

You will be checked by a nurse who will make sure your blood pressure, pulse and temperature are within normal limits and that you have managed to pass urine without a problem. You will then be able to go home.

What do I need to do after I go home?

Drink plenty of water: 2 to 3 litres spaced out over 24 hours. This will help to:

- clear the urine
- reduce any stinging or burning sensation or discomfort you may experience in the first 24 hours after the procedure.

If your urine remains pink after 2 days you **must** contact us; we explain how to do this below.

Will I have a follow-up appointment?

Yes, you will have a follow-up appointment within one week of the procedure. This will be at the Renal Assessment Unit.

Contact Numbers

If you have questions or need help and advice please call:

- **Renal Assessment Unit**

0114 271 5320

Monday to Thursday 8.30am - 4.00 pm

Friday 8.30 am - 3.30 pm

- **Renal Unit F**

0114 226 6391 or

0114 226 6392

At all other times



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