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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Ureteric Stents (also called JJ stents) (page 1 of 2)

A ureteric stent is a small plastic tube that runs from the kidney to the bladder to help the urine drain from the kidney (see the illustration). Stents are usually inserted to unblock the kidney or as part of the treatment for kidney stones.

Stents are usually inserted under a general anaesthetic via the bladder, but are occasionally inserted directly through the back (via the kidney) in the X-ray department.

Stents usually stay in place for a few weeks but can be left in for up to but **no more than 6 months** – if you need a stent for a long time it will need to be changed every 6 months or so.

Before leaving hospital you should be told when we are planning to remove or change your stent. **If you think your stent has been left in for too long it is very important for you to contact the Urology Department.**

Removal of the stent

The stent may be removed several ways. Often it is removed under local anaesthetic using a flexible telescope in the Day Surgery Unit; it may have a string attached to it so that it can be removed in clinic, or it may be removed or changed during subsequent surgery.

What can I expect with my stent?

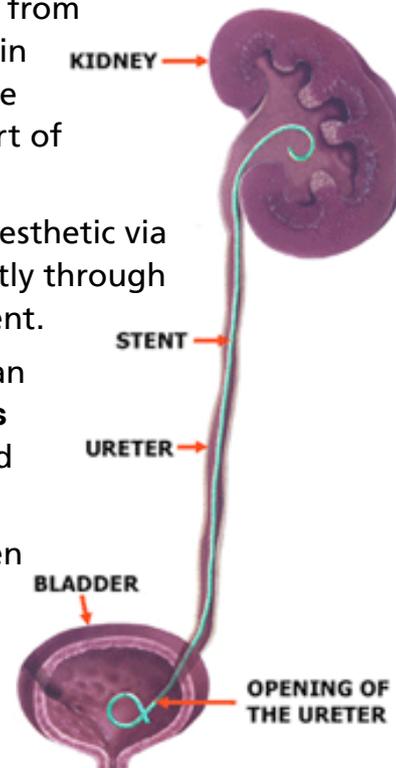
You may not notice your stent but in up to 60% of patients it can irritate the bladder and cause the following problems:

- pain in the bladder or kidney (this can feel like cystitis)
- a need to pass urine frequently, sometimes with little warning
- visible blood in the urine
- if your GP tests the urine it will usually show blood and leukocytes - this is normal with a stent and does not mean you have an infection.

Most patients have mild symptoms but some get severe stent symptoms which prevent them from working. If these are severe, there are medications available to help so please let us know.

Urology Nurses

 **01722 336262 ext. 4866**



Please drink plenty of fluids, this will reduce the chance of infections or stent blockages.

The following medications may help if you are experiencing severe stent symptoms:

- analgesia, such as paracetamol
- anticholinergics - anticholinergics are a class of drugs that relax the bladder muscle so prevent bladder spasms and pain, they also allow you to hold the urine for longer so you don't have to rush to the toilet so often
- Tamsulosin - Tamsulosin works by relaxing the muscles around the bladder, prostate and ureter - they have been shown to reduce stent pain.

Can I get any complications from my stent?

Occasionally stents can cause problems such as urine infections or they can become blocked or displaced. Therefore if you have any of the following problems please seek medical advice:

- raised temperature
- feeling unwell
- severe pain in the kidney or bladder.

If you have any further questions please contact the urology nurses or your consultant's secretary.