

Information for Patients

Removing Your Ureteric Stent

What is a Ureteric Stent?

As a result of your recent procedure, your Urologist has placed a Ureteric Stent in your ureter (tube from the kidney to bladder).

A stent's function is to hold the ureter open so urine can drain from the kidney to the bladder. It is usually inserted after you have had a ureteroscopy (a look inside the ureter).

You may have noticed a string coming out of your urethra. This string will be used to remove your stent.

This is a picture of a stent. They are 25-30cm long.



Removing your stent

Your Urologist will tell you when you can remove your stent. It's best to do this in the morning.

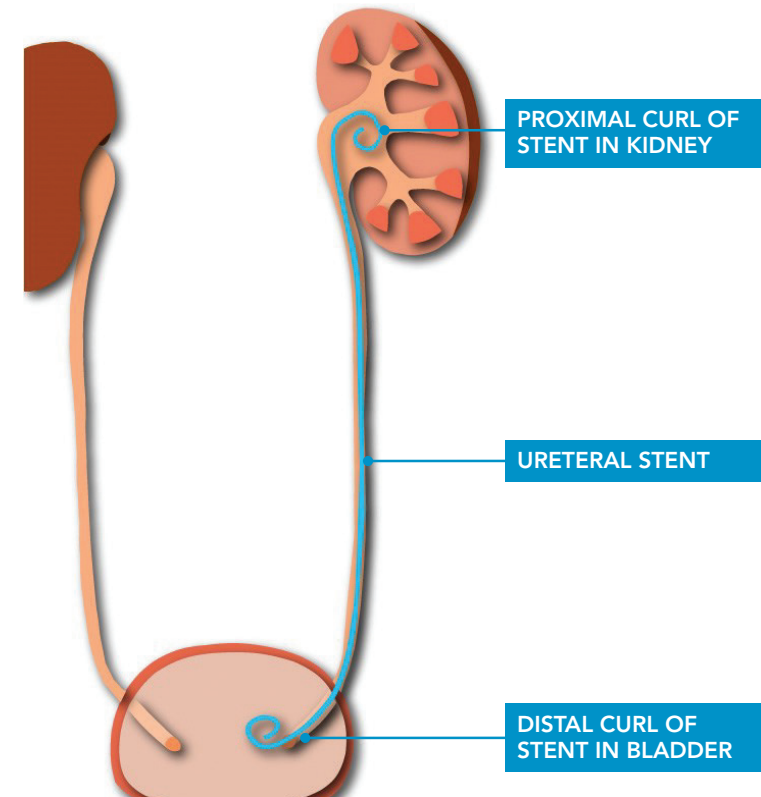
It is important to try and relax. This will make it easier. Removing your stent gives an unusual sensation, but it should not be painful.

1. Take hold of the string and with a firm, steady motion, pull the stent until it is out. Take a long slow breath out as you pull out the stent.
2. Remember that it is approximately 25-30 cm long.
3. Once the stent is removed you may experience some pain the next time you pass urine and notice blood in your urine.

If you feel that you are unable to remove the stent by yourself, don't be concerned. Contact Urology Associates and arrange a time to have the stent removed by a Nurse.

Occasionally you can have severe pain after removing the stent, nothing has gone wrong. Contact Urology Associates for advice. This is quite normal and will pass.

Make sure you drink enough fluid to keep your urine a pale yellow colour. This will reduce the likelihood of blood clots in your urine.



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