

# Having a ureteric stent removed (Information for kidney transplant patients)

**This leaflet explains more about having a ureteric stent removed, including the benefits, risks and any alternatives. It also provides information on what you can expect when you come to hospital. If you have any further questions, please speak to a doctor or nurse caring for you.**

Please contact the transplant nurse responsible for your care (contact details are at the end of this leaflet) if you have not received an appointment to have your ureteric stent removed four to six weeks after your kidney transplant.

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

A ureteric stent is a thin plastic tube that was inserted into your ureter (the tube which connects the kidney to the bladder) when you had your kidney transplant to ensure you were able to pass urine after the operation. Stents are not designed to be in the body for a long period of time and are usually removed between four and six weeks after a kidney transplant. This is a day case procedure done in the Urology Centre, 1st Floor, Southwark Wing, Guy's Hospital.

## What are the risks?

There is a slight risk of developing an infection in the first 48 hours following the stent removal. If any of the following symptoms occur, contact your GP or go to your local A&E department, as you may require further treatment and/or antibiotics:

- pain in the area of your bladder or transplanted kidney
- a raised temperature above 37°C
- generalised aches and shivers and feeling unwell.

## Are there any alternatives?

There are no alternative ways of removing the stent.

## How can I prepare for having a ureteric stent removed?

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

When you arrive for your procedure we will ask you to produce a urine sample to check that you do not have a urine infection. If you do, the procedure may be cancelled and rescheduled.

You will be given an antibiotic before the procedure to reduce the likelihood of developing an infection afterwards.

## **Consent - asking for your consent**

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. This states that you agree to have the treatment and you understand what it involves.

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

## **What happens during a ureteric stent removal?**

The stent removal is a short procedure lasting 10-15 minutes. You will be asked to undress and lie down on your back. The opening of the urethra (the tube that carries urine out of the body, which is at the end of the penis in men or near the vagina in women) and surrounding area will be cleaned. Some 'jelly' containing anaesthetic will be put in the urethra. This reduces discomfort during the procedure.

The doctor will insert the flexible cystoscope through the urethra into the bladder. A flexible cystoscope is a fibre-optic tube that can move around bends in the urinary system and has a tiny video camera on one end, so the doctor can view an image of your urinary system on a screen. It is about the thickness of a pencil. Sterile water will slowly be introduced into your bladder to make it easier for the doctor to see the lining of the bladder and find the stent. As your bladder fills up, you will feel the urge to pass urine, which may be uncomfortable.

A button on the cystoscope will be pressed to release a tool attached to the end of the scope (a grabber) which will carefully grasp the end of the stent. The cystoscope and stent will be slowly withdrawn and taken out of your body.

## **Will I feel any pain?**

You may experience discomfort during the procedure, lasting up to 24 hours. If so, you should take your normal painkiller tablets.

## **What happens after a ureteric stent removal?**

After the procedure you will be able to go home.

## **What do I need to do after I go home?**

You may also experience stinging, burning sensation and pain when passing urine and / or blood in your urine for the first 24 hours after the procedure. Drinking plenty of water (two to three litres spaced out over 24 hours) can help to clear the urine. If your urine remains pink after a few days, please contact us or your GP.

## **Will I have a follow-up appointment?**

Yes, within one week after the procedure.

## Contact us

If you have any questions or concerns about having a ureteric stent removed, please contact the transplant team on **020 7188 8822**, (Monday - Friday, 8am to 6pm)

Alternatively, you can also contact the transplant nurse by calling the hospital switchboard on 020 7188 7188 and asking for bleep number for the bleep desk. Ask for bleep **2040** and wait for a response.

Out of hours, please call Richard bright ward on **020 7188 8817**, extension **85913**.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

## Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319 **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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