

# Ureteric stent removal following a kidney transplant

## Information for patients

This leaflet answers common questions about your transplant ureteric stent and its removal. If you would like further information, or have any particular worries, please do not hesitate to ask your nurse or doctor.

Your doctor or nurse will explain the ureteric stent removal procedure and answer any questions you may have.

### What is a ureteric stent?

A ureteric stent is a soft plastic hollow tube, which is inserted between your transplant ureter (the tube that drains urine) and your bladder.

### Why do I have a ureteric stent?

A ureteric stent was inserted during your kidney transplant surgery to ensure adequate urine drainage and wound healing after your kidney transplant surgery.

### Removal of the ureteric stent

Stents are usually removed between two to six weeks after kidney transplantation. This is a day case procedure in out-patients. You will receive a letter with your procedure date. It is normally carried out at the Royal Free Hospital, in the 3rd floor kidney and urology centre or in clinic 9 on 1st floor of the hospital. A stent nurse will inform you where to go prior to the procedure.

### What does the procedure involve?

Your urologist (or a member of their team) will review your history and medications, and will discuss the procedure with you to confirm your identity and take your consent.

The procedure is normally carried out under local anaesthetic. You may be given some antibiotics before the procedure, after you have been checked for any allergies. A gel containing local anaesthetic is then inserted into your urethra (urine passage) and left in place for a few minutes. This makes the

introduction of the flexible cystoscope (telescope used to locate the stent inside the bladder) as comfortable as possible.

The flexible cystoscope is then inserted into your urethra and bladder. Once the scope is in place, sterile fluid is slowly run into your bladder to allow a clear view of the stent. The stent is then located and gently pulled out.

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

You may experience discomfort during the procedure; however this is different with every individual. If you experience any discomfort or pain, you should inform your doctor or nurse so they can assess and decide the next steps of your care.

### **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 kidney transplant team, GP or go to your local emergency department, as you may require further treatment and/or antibiotics:

- pain and tenderness around the area of your bladder or transplanted kidney
- a burning sensation when passing urine
- a raised temperature
- generalised aches, shivers and feeling unwell

### **Are there any alternatives to stent removal?**

There are no alternative ways of removing the stent except through the urethra. A stent should also not be left inside the body for a long time as this may cause infections of the urinary tract.

### **Giving my consent (permission)**

We want to involve you in decisions about your care and treatment. Before carrying out any procedure, staff will explain the procedure to you, along with the associated risks, benefits and alternatives. If you have any questions about your care, or any concerns, please do not hesitate to ask for more information.

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.

## What happens after a ureteric stent removal?

After the procedure you should be able to go home. You will need to keep your normal transplant clinic appointments.

You should:

- drink plenty of fluids, especially in the next few days following stent removal
- You may experience a mild burning sensation on passing urine, this is normal and should stop in a few days. If this persists for more than 3 days, contact your transplant team for further advice.
- Blood stained urine (pinkish in colour). This is normal and should stop in a few days. If this persists for more than 3 days, contact your transplant team for further advice.

**If you experience any of the following symptoms, please contact your kidney transplant team on 020 7472 6605, Monday to Friday, 9am-5pm. If you experience symptoms out of hours, please go to your nearest emergency department:**

- Heavily blood stained urine
- Severe pain when passing urine
- Inability to pass urine
- Persistent burning sensation on passing urine
- Raised temperature

## **Acknowledgements**

Adapted from the British Association of Urological Surgeons leaflet 16/119.

## **More information**

For more information about the kidney service at the Royal Free London, please visit our website: [www.royalfree.nhs.uk/services/services-a-z/kidney-services](http://www.royalfree.nhs.uk/services/services-a-z/kidney-services)

## **Your feedback**

If you have any feedback on this leaflet or for a list of references for it, please email: [rf.communications@nhs.net](mailto:rf.communications@nhs.net)

## **Alternative formats**

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio, please speak to a member of staff.

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