

## Living with a temporary ureteric stent

### What is a ureteric stent?

A Ureteric Stent is a specially designed flexible hollow plastic tube that has been placed into the ureter during your transplant operation. The stent is designed to stay in the ureter and is held in position by having coiled ends. One end of the coil is in the kidney and the other in the bladder. This will allow the ureter to stay open, allowing for free flow of urine and preventing the possible build up of pressure, which could affect the function of the kidneys. These stents are flexible enough to withstand normal body movements.

### How long will the stent stay in?

The stent will generally stay in for about two weeks, unless your surgeon wishes for it to remain in for longer. You will then come into hospital as a day case for it to be removed. Normally, an IV antibiotic will be given at the time of removal. The stent is removed using a flexible cystoscope, usually under local anaesthesia. If you are on twice weekly follow-up appointments, you can ask the Transplant Nurses to see you on the day of your stent removal for a routine check-up. This will take place in the *Chestnut Unit, Level 7*.

### Living with a ureteric stent

Ureteric stents are designed to allow patients to live as normal lives as possible whilst having a stent in situ. You will not be aware of the presence of a stent once it is inserted.

### Possible side effects

The majority of patients do not experience any side effects. Those few patients who do develop side effects tend to find them tolerable and minor. Possible side effects include:

- Frequency of passing urine (sometimes with urgency).
- Greater risk of developing a UTI (Urinary Tract Infection).
- Slight risk of incontinence. This should disappear after the stent has been removed.
- Bladder or kidney discomfort (sometimes in the groin, urethra or genitals).

### Getting on with life

The presence of the stent should not affect your social life and interactions in any significant way and there are no restrictions on your sex life due to having a stent.

### Can a stent fall out?

Yes, very occasionally they can. This should not cause any immediate problems, but do contact the Transplant Nurse on **01752 437145** or Mayflower Ward on **01752 431485**.

### When should I call for help?

- If you experience a constant and unbearable pain, associated with the stent.
- If you think you have a UTI (Urinary Tract Infection).
- The stent falls out.
- You notice any blood in your urine.

**Southwest Transplant Centre**

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