

Radiology department

# Ureteric stent exchange

## What is a ureteric stent exchange?

You will already have had a stent inserted through your urostomy into one or both of your kidneys, which drains urine into a bag. The stents require changing at 3 - 6 monthly intervals and this is referred to as 'ureteric stent exchange'. It means your present stents are replaced with a new stent.

## Why do I need an exchange of ureteric stent?

Ureteric stents are routinely changed to prevent infections and blockages. Your doctor will decide how frequently this needs to be done.

## What to tell the doctor

- If you have any allergies.
- If you have had a previous reaction to intravenous contrast medium (the dye used for some X-rays and CT scanning).
- If you are taking medication to prevent blood clots. Below is a list of some of the medications which are used to thin the blood and help to prevent blood clots.

- Aspirin
- Apixaban
- Clopidogrel
- Clexane
- Dabigatran
- Dalteparin
- Enoxaparin
- Fragmin
- Heparin
- Rivaroxaban
- Warfarin

If you are currently taking any of these medications, please contact your referring doctor or the radiology department on 0161 918 2346 as soon as possible, as these may need to be stopped prior to your procedure. Failure to do so may result in your procedure being postponed.

## Do I have to prepare for the drainage?

You will be asked to come to the integrated procedures unit (IPU). You will be admitted a couple of hours before your procedure so we can take bloods and insert an intravenous cannula. This is a small, flexible tube which is placed into one of your veins.



## **How long will I need to stay in hospital?**

Following a ureteric stent change, most patients will go home after a couple of hours.

If you have had sedation for the procedure, you may feel a little tired for a day or two. We advise you to have someone with you when you go home. **You should not drive for 24 hours after having sedation.**

## **Agreeing to treatment: consent**

We will ask you to sign a consent form agreeing to the treatment that you are being offered. The basis of the agreement is that you have had The Christie's written description of the proposed treatment and that you have been given an opportunity to discuss any concerns.

You are entitled to request a second opinion from another doctor who specialises in treating this cancer. You can ask your own consultant or your GP to refer you. Your consent may be withdrawn at any time before or during this treatment. Should you decide to withdraw your consent, member of your treating team will discuss the possible consequences with you.

## **What actually happens during the exchange of ureteric stent?**

You will lie on the X-ray table. You will be asked to lie on your back and the nurse will monitor your blood pressure, heart rate and oxygen levels. If you are having sedation you will be given oxygen via two small prongs that sit just inside the nose

We may give you some antibiotics through your cannula to help prevent any infections caused by changing your stents.

The radiologist needs to keep everything sterile and will wear a theatre gown and gloves. The skin around the site will be swabbed with antiseptic and then most of the rest of your body will be covered with theatre towels.

The radiologist will inject some dye up the stent and will look at the X-rays to check that the present stent is in the correct position.

A guide wire will then be placed through the existing stent into the kidney. The radiologist will then pull the stent out, leaving the guide wire in place. This allows a new stent to be inserted over the wire and into the correct place in your kidney. Once the stent is secured in place, the guide wire is removed. The outer tube is then covered with an adhesive bag to collect the urine.

## **Will it hurt?**

An exchange of ureteric stent is usually a relatively pain-free procedure. It is normally performed without local anaesthetic. However, if you experience discomfort, it may be possible for the interventional radiologist to give local anaesthetic and/or the nurse to give you a painkiller and or sedation.

## **How long will it take?**

Every patient's situation is different, and it is not always easy to predict how long it will take. As a guide, you can expect to be in the X-ray room for about 45 minutes.

## **What will happen afterwards?**

You will be taken to the recovery area on the IPU. The nurses will observe you for any signs of complications. You will usually be discharged home a couple of hours following the procedure.

## **What are the benefits of the procedure?**

Ureteric stents are routinely exchanged every 3 - 6 months, or in some cases earlier. This is to prevent infections and blockage of the stent.

## **Are there any risks or complications?**

Exchange of a ureteric stent is a safe procedure and complications are rare. Despite this, possible complications are infection, bleeding and pain. It is not unusual to have lightly blood stained urine for 24 hours. These potential complications will be discussed with you when you come for the procedure.

## **Further information**

This is available from the radiology department on the phone numbers below or from the following websites:

Macmillan Cancer Support: [www.macmillan.org.uk](http://www.macmillan.org.uk)

British Society of Interventional Radiology: [www.bsir.org](http://www.bsir.org)

## **If you have any problems or worries, please contact:**

Monday - Friday, 9:00am - 5:00pm

Radiology nurse on **0161 918 2346** or the radiology department on **0161 446 3325**.

Out of hours and weekends (for emergencies):

Ring The Christie on **0161 446 3000** and ask for the on-call radiologist.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **[the-christie.patient.information@nhs.net](mailto:the-christie.patient.information@nhs.net)**

For information and advice visit the cancer information centres at Withington, Oldham, Salford or Macclesfield. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for  
urgent support and specialist advice  
**The Christie Hotline: 0161 446 3658**  
Open 24 hours a day, 7 days a week