

Urology consultant/team who will manage your stent - Tick as appropriate

(with phone number for secretary)

- Mr Simpson: Lincoln (01522) 573762
- Mr Mark: Lincoln (01522) 573974
- Mr Varadaraj: Lincoln (01522) 573306
- Mr Alevizopoulos: Lincoln (01522) 573306
- Mr Memon: Boston (01205) 446346
- Mr Madhavan: Boston (01205) 446496
- Mr Yousuff: Boston (01205) 445928

Locum Consultant Name:

JJ Ureteric Stent

Affix Patient Sticker or Patient Details

Patient Name:

Date of Birth:

NHS Number :

You had a JJ ureteric stent inserted on _____ (date)

**SIDE your stent is placed:
LEFT/RIGHT/BILATERAL
(Circle as appropriate)**

**Your stent was inserted in:
(Tick as appropriate)**

**UROLOGY DEPARTMENT THEATRE
RADIOLOGY DEPARTMENT
at
LINCOLN COUNTY HOSPITAL
PILGRIM HOSPITAL, BOSTON
_____ (other Hospital)**

Indication for Stent Insertion:

Proposed Stent removal or change date:

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

Urology Department

www.ulh.nhs.uk

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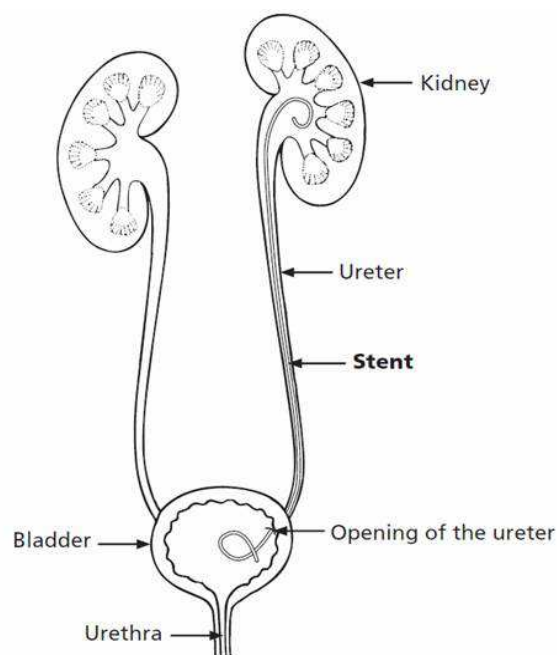
Issued: June 2019
Review Date: June 2021
ULHT-LFT-1925 v 3



JJ Ureteric Stent

A **JJ stent** is a plastic tube that drains urine from your kidney to your bladder and is supposed to stay in place temporarily (exception – permanent metallic ureteric stent).

Because the stent coils like a “J” in the bladder and an “inverted J” in the kidney it is referred to as a “JJ” stent. The coils keep the stent in place, preventing the stent migrating down and out from the kidney or up from the bladder into the ureter. Urine flows through the stent lumen and also by the side of the stent.



Why is a JJ stent inserted?

- Usually to relieve blockage to your kidney due to stones in your kidney or your ureter. The **ureter** is a small muscular tube running from the kidney to the bladder that drains urine from the kidney to the bladder.
- Before or after lithotripsy (stone breaking) treatment to prevent stone fragments from blocking the ureter. The ureter is the tube which drains urine from the kidney to your bladder.
- Sometimes after ureteroscopy (telescopic examination of the ureter) or open surgery on your ureter.
- Narrowing of the ureter due to tumour compressing the ureter or stricture etc.
- Any other indication as explained by your urologist.

The stent can stay in place for up to 3 months or more depending on the indication. If left for more than 6 to 9 months some stents may get encrusted leading to stone formation around the stent or significant urinary tract infections. Hence, you will be informed when your stent will be removed or changed.

Any side-effects of the JJ stent?

- May cause some discomfort for a few days in your back or lower abdomen until your ureter and your bladder gets accustomed to the stent.
- Pain in your back/kidney area when you pass water forcefully, due to urine refluxing (going back) up the stent from your bladder to your kidney.
- Presence of blood in your urine on and off which is caused by the lower end of the stent rubbing on your bladder wall lining or the upper end of the stent rubbing on your kidney lining. Drinking good amounts of fluid helps to flush the blood from the bladder. Decreasing exertional activities like jogging or exercising may help. At times the blood in the urine may be seen on and off for 2 to 3 weeks.
- The stent may cause some interference to your sport, sexual, travel, social or work activities but this should not be major.
- If you have the stent in place for more than 3 to 4 weeks and have urgency of urine, your GP/doctor will be able to prescribe a medication to calm the bladder down and decrease the urgency related to the stent.