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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, prevents stent migrating down and out from the kidney or up from the bladder into the ureter.

Why is a JJ stent inserted?

- Usually to relieve blockage to your kidney due to stones in your kidney or your ureter (muscular small tube running from kidney to bladder that drains urine from the kidney to bladder)
- Before or after lithotripsy to prevent stone fragments from blocking the ureter.
- After ureteroscopy (telescopic ureteric examination) sometimes or open surgery on your ureter.
- Narrowing of the ureter due to tumor compressing the ureter or stricture etc.
- Any other indication as explained by your urologist.

The stent can stay in place for few weeks to 3 months or more depending on the indication. If left for more than 6-9 months some stents may get encrusted leading to stone formation around the stent.

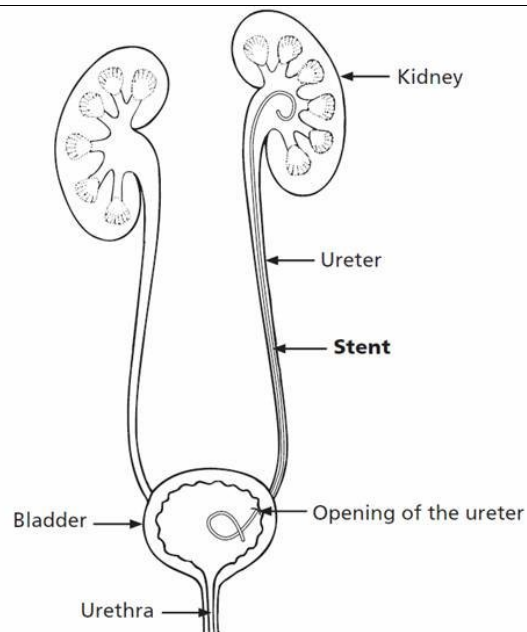
Any side effects of the JJ Stent?

* may cause some discomfort for few days in your back or lower abdomen till you, your ureter & bladder gets accustomed to the stent .

* pain in your back/kidney area when you pass water forcefully, due to urine refluxing up the stent from bladder to your kidney.

* may irritate your bladder and cause burning sensation while passing urine, feeling of not emptying your bladder fully and also the urge to pass urine frequently (if severe your doctor can put you on anti-cholinergic medication to decrease the urgency/frequency symptoms).

* presence of blood in your urine on & off which is caused by the lower end of stent rubbing on your bladder wall lining or the upper end of the stent rubbing on your kidney lining. Drinking good amount of fluids helps to flush the blood from the bladder. Decreasing exertional activities like jogging, exercising may help.

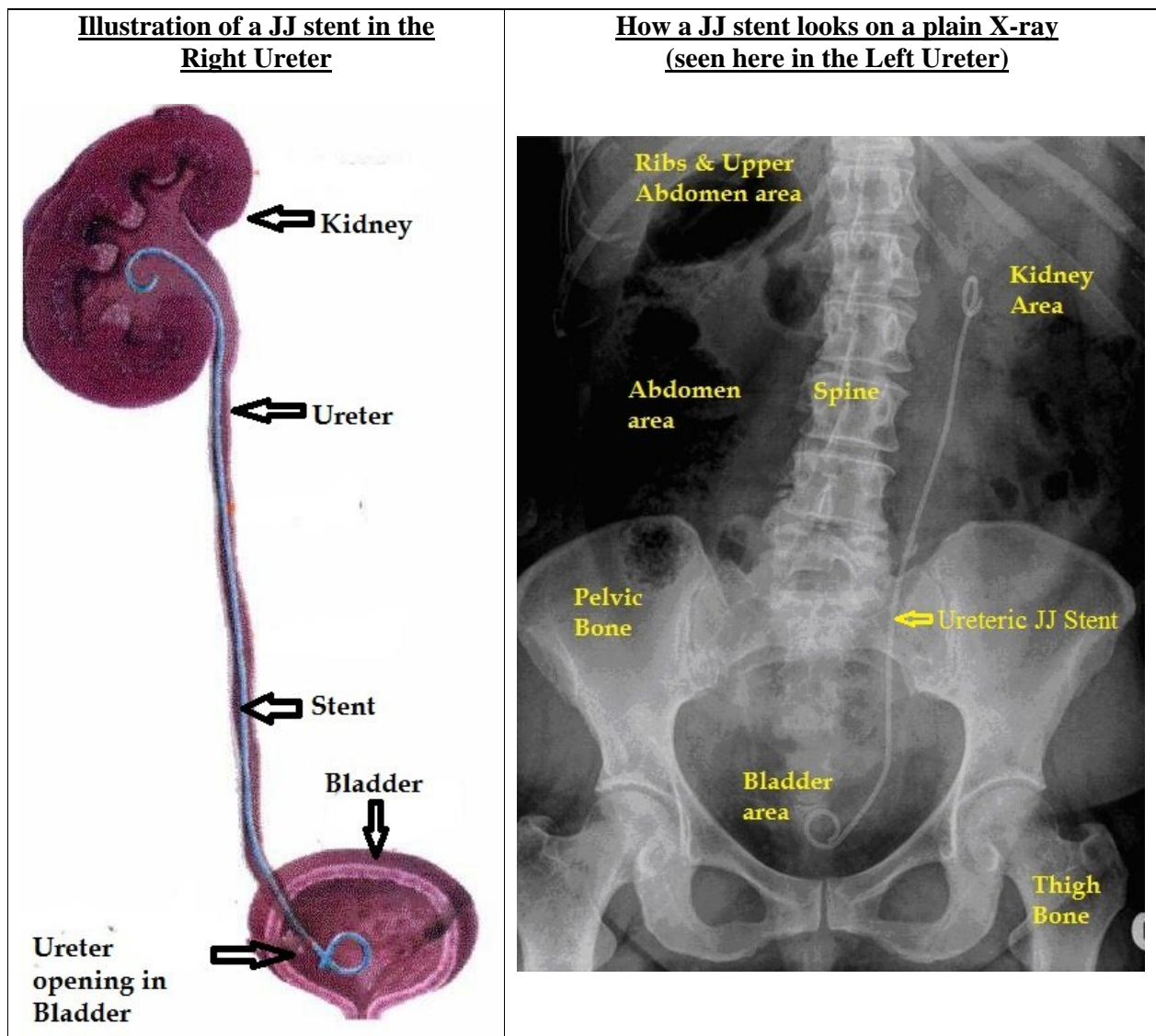


* the stent may cause some interference to your sport, sexual, travel, social or work activities but this should not be major.

Note – Before you leave the hospital your urologist or the urology team should have informed you of the details of the stent including whether it is in your LEFT or RIGHT side (or Bilateral). There should be arrangement made by your urology team for removal **or** change of this plastic stent at some stage in the future. **IF YOU HAVE ANY DOUBTS OR A STENT STILL INSIDE FOR A LONG TIME CONTACT YOUR UROLOGIST OR SECRETARY.**

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HOW IS THE URETERIC JJ STENT REMOVED ?

Usually the stent is removed at *Flexible Cystoscopy* under local anaesthetic in the endoscopy unit or in the outpatient department. The whole procedure should last about 5 minutes from the time of insertion of the telescope in your bladder. A small grasper with fine jaws on it is passed through the flexible cystoscope and the lower end of the stent is caught and pulled out gently with the cystoscope. The JJ stent will slide down from the kidney when it is pulled and it should take about 10 to 15 seconds to pull out the stent and will cause minimal discomfort as it is removed. You can find more information about *flexible cystoscopy* on www.urologistraj.com