

Patient Information Leaflet

Undergoing antegrade ureteric stenting

Produced by:
Diagnostic Imaging

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

This leaflet tells you about the procedure known as antegrade ureteric stenting, explains what is involved and what the possible risks are. It is not meant to replace informed discussion between you and your doctor, but can act as a starting point for such a discussion.

If the antegrade ureteric stenting is being done as a pre-planned procedure, then you should have plenty of time to discuss the situation with your consultant and the radiologist who will be doing the procedure, and perhaps even your own GP. If you need the stent as an emergency, then there may be less time for discussion, but none the less you should have had sufficient explanation before you sign the consent form.

What is antegrade ureteric stenting?

The urine from a normal kidney drains through a narrow, muscular tube, the ureter, into the bladder. When that tube becomes blocked, for example by a stone, the kidney can rapidly become affected, especially if there is infection present as well. While an operation may become necessary, it is also possible to relieve the blockage by inserting a long plastic tube, called a stent, through the skin, into the kidney and then down the ureter, under local anaesthetic. Because the stent is put in through the kidney, and **down** the ureter, this is called an antegrade procedure (as opposed to placing a stent through the bladder, and **up** the ureter, which is a retrograde procedure). This stent then allows urine to drain in the normal fashion, from the kidney into the bladder.

Why do I need antegrade ureteric stenting?

Other tests will have shown that the tube leading from your kidney to the bladder has become blocked. However, it may not be obvious what the cause of the blockage is. If left untreated, your kidney will become damaged. An operation may be necessary to provide a permanent solution to the blockage, but in the meantime, insertion of a stent will allow the kidney to drain in a normal way.

Who has made the decision?

The consultant in charge of your case, and the radiologist doing the antegrade ureteric stenting will have discussed the situation, and feel that this is the best treatment option. However, you will also have the opportunity for your opinion to be considered, and if, after discussion with your doctors, you do not want the procedure carried out, you can decide against it.

Who will be doing the antegrade ureteric stenting?

A specially trained doctor called a radiologist. Radiologists have special expertise in using x-ray and scanning equipment, and also in interpreting the images produced. They will look at these images while carrying out the procedure.

Where will the procedure take place?

Generally in the x-ray department.

How do I prepare for antegrade ureteric stenting?

You need to be an inpatient in the hospital. You will probably be asked not to eat for four hours beforehand, though you may be allowed to drink some water. You may receive a sedative to relieve anxiety, as well as an antibiotic. You will be asked to put on a hospital gown.

When you arrive

Please report to the reception desk at the radiology department.

What happens during antegrade ureteric stenting?

You will lie on the x-ray table, generally flat on your stomach, or nearly flat. You need to have a needle put into a vein in your arm, so that the radiologist can give you a sedative or painkillers. Once in place, this needle does not cause any pain. You will also have a monitoring device attached to your chest and finger, and will probably receive oxygen through small tubes in your nose.

The radiologist will keep everything as sterile as possible, and may wear a theatre gown and operating gloves. Your skin will be cleaned with antiseptic, and then the rest of your body will be covered with a theatre towel.

The radiologist will use the x-ray equipment or the ultrasound machine to decide on the most suitable point for inserting the stent into the kidney, usually in your back, just below your twelfth rib. Then your skin will be anaesthetised with local anaesthetic, and a fine needle inserted into the kidney.

When the radiologist is sure that the needle is in a satisfactory position, a guide wire will be placed into the kidney, through the needle, and then passed down the ureter. Once the wire has been placed through the blockage and into the bladder, the long plastic stent can be placed over the guide wire, and the wire withdrawn. Urine should then be able to pass down the stent and into the bladder. As a temporary measure, it may be necessary to leave a fine plastic drainage tube, called a catheter, in the kidney to allow urine to drain externally. This catheter will then be fixed to the skin surface, and attached to a drainage bag.

Will it hurt?

Unfortunately, it may hurt a little, for a very short period of time, but any pain you have should be controlled with painkillers.

When the local anaesthetic is injected, it will sting to start with, but this soon wears off, and the skin and deeper tissues should then feel numb. Later, you may be aware of the needle and then the stent passing into the kidney, and sometimes this is painful, especially if the kidney was sore to start with. There will be a nurse, or another member of clinical staff, standing next to you and looking after you. If the procedure does become painful for you, then they will be able to arrange for you to have more painkillers through the needle in your arm. Generally, placing the stent in the ureter only takes a short time, and once in place it should not hurt at all.

How long will it take?

Every patient's situation is different, and it is not always easy to predict how complex or how straightforward the procedure will be. It may be over in 20 minutes, if you already have a nephrostomy tube in place, or very occasionally it may take longer than 90 minutes. As a guide, expect to be in the x-ray department for about an hour altogether.

What happens afterwards?

You will be taken back to your ward on a trolley. Nurses on the ward will carry out routine observations, such as taking your pulse and blood pressure, to make sure that there are no problems. You will generally stay in bed for a few hours, until you have recovered.

If you have an external drainage catheter, then this will stay in place for the time being, and will be attached to a collection bag. It is important that you try not to make any sudden movements (for example getting up out of a chair) without remembering about the bag, and making sure that it can move freely with you. The bag needs to be emptied fairly frequently, so that it does not become too heavy, but the nurses will want to measure the amount in it each time.

How long will the drainage catheter, and the ureteric stent stay in, and what happens next?

These are questions which only the doctors looking after you can answer. The drainage catheter may only need to stay in a short time. Taking this out will not hurt. You will be able to carry on a normal life with the catheter and the stent in place. The stent may stay in position for a much longer period of time, depending on the nature of the blockage and whether any operation is being considered.

Are there any risks or complications?

Antegrade ureteric stenting is a very safe procedure, but there are some risks and complications that can arise. Perhaps the biggest problem is being unable to place the stent satisfactorily in the ureter. If this happens, a surgeon will arrange another method of overcoming the blockage, which may involve surgery. Sometimes there is a leak of urine from the kidney, resulting in a small collection of fluid inside the abdomen. If this becomes a large collection, it may require draining. There may be slight bleeding from the kidney. On very rare occasions, this may become severe, and require a surgical operation or another radiological procedure to stop it. Occasionally there may be infection in the kidney, or in the space around it. This can generally be treated satisfactorily with antibiotics.

Despite these possible complications, the procedure is normally very safe, and will almost certainly result in a great improvement in your medical condition.

Finally...

Some of your questions should have been answered by this leaflet, but remember that this is only a starting point for discussion about your treatment with the doctors looking after you.

Access to Health Records by Diagnostic Staff

As a patient undergoing tests as part of a diagnostic procedure information about you may be accessed by other healthcare professionals, and images may need to be interpreted by a teleradiology service. It is normal practice in these circumstances for your consent to be implied as part of your agreement to have the test or tests performed.

Accidental over exposure of radiation

Despite all safeguards, medical exposures can occur where the actual dose is greater than was intended. The regulations governing these exposures are either IR(ME)R 2000 or IRR 99.

In the event of an over exposure the incident will be reported to the Radiation Protection Advisor. It will be down to the discretion of the RPA as to whether there is a clinical requirement to inform any patient of an overexposure.

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at:
www.nhs.uk

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.