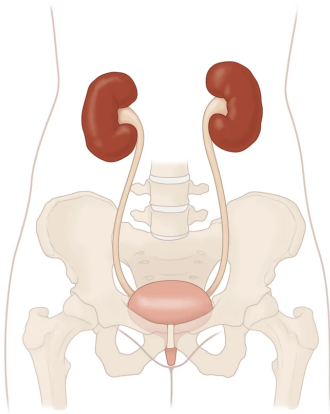




Living with a JJ stent

An internal stent between kidney and bladder: planned removal is part of treatment.



Urinary tract: kidneys, ureters, bladder and urethra.

NIDDK / NIH · [Source](#)

01 Record the appointment

Write down removal or replacement date and contact details. Ask if no date is arranged.

02 Understand discomfort

Frequency, discomfort and some blood can occur. Worsening needs advice.

03 Adapt activity

Adjust exertion to symptoms and procedure-specific advice.

04 Protect any string

If a string exits the urethra, do not pull unless your team explicitly instructs you.

When to seek help

Fever, intolerable pain, heavy bleeding or displacement: urgent advice. A JJ stent must not be forgotten.

These reminders complement a demonstration by your team. Personal instructions and device directions take priority. Never improvise insertion, removal or flushing.

Sources and references

[BAUS — Living with a ureteric stent](#)