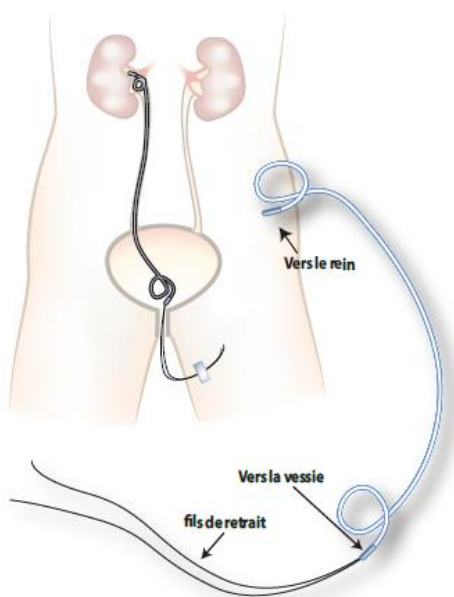


PROCEDURE FOR REMOVING A DOUBLE « J » STENT WITH THREAD

WHAT IS A DOUBLE « J » STENT?

- A double J stent is a small, flexible tube running from a kidney to the bladder. It facilitates the drainage of urine from the kidney to the bladder.
- Its average length is 24 cm.
- It can come in a variety of colors.
- It is the size of a spaghetti noodle.
- It is put in place in an operating room by a doctor.



CARING FOR YOUR DOUBLE « J » STENT

- Two small black threads are taped to the penis (for men) or to the pubis or thigh (for women).
- Check the threads frequently and reattach them if necessary.
- Do not pull on the threads except when removing the stent.
- Do not bathe or shower until your stent has been removed.
- Wash up at the sink.
- In the event of accidental premature removal, don't panic. It happens sometimes. Contact your urologist if this causes pain in your back or lower abdomen.

SYMPTOMS ASSOCIATED WITH WEARING A DOUBLE « J » STENT

There are three types of symptoms you might experience related to the stent:

- More frequent urges to urinate
- Back discomfort or pain when urinating
- Blood in your urine (more frequent if you are physically active)

Some people do not feel the stent's presence, while others experience discomfort in their back and lower abdomen.

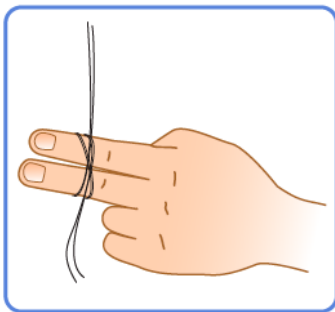
REMOVING YOUR DOUBLE « J » STENT?

- Wash your hands.
- Sit on the toilet. You can also lie on your bed with a clean towel under your buttocks.
- Unfasten the black threads from your skin, if applicable. Never cut them.
- Wrap the two threads around your fingers.
- Gently pull on the two threads simultaneously and continuously to remove the stent.

Stop pulling on the threads if you feel strong resistance.

If the threads break, DON'T PANIC!
Contact your urologist to arrange removal of the stent in the next few days.

- Dispose of all medical equipment in the trash.
- Clean your genitals with warm water and soap, and thoroughly rinse them.



WHAT TO WATCH FOR AFTER REMOVING YOUR DOUBLE « J » STENT

After removing the stent, you might feel discomfort in your lower back or stomach. This should disappear rapidly (in about 15 minutes). There may be a little blood in your urine, but this too should disappear quickly (after urinating a few times). You can drink normally.

WHEN YOU SHOULD CALL INFO-SANTÉ (811) OR GO TO YOUR HOSPITAL'S EMERGENCY ROOM

- Chills and/or fever (38.5°C or 101°F or higher).
- Lower back or abdominal pain that persists after stent removal (more than 30 minutes).
- Increased amount of blood in your urine.
- Burning that increases when you urinate.
- Bad odor, cloudy, blood-tinged urine, or inability to urinate.

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Revision and Layout

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