

# Patient preference and safety of self-removal of ureteric stents

ACTRN12621001528842

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Status	RECRUITING
Sponsor	Royal North Shore Hospital
Enrollment	180 participants

## Plain Language Summary

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After surgery to treat kidney stones, surgeons often place a small tube called a ureteric stent inside the ureter (the tube connecting the kidney to the bladder) to help it heal. After one to two weeks, the stent needs to come out. This can be done in three ways: by a nurse in a clinic, through a brief hospital procedure, or by the patient themselves using an attached string. This study is comparing patient comfort and preference across these three removal methods.

Researchers think that self-removal will actually be preferred by many patients because it is convenient, avoids a hospital visit, and empowers patients to take charge of their own recovery. Given the COVID-19 pandemic also highlighted the risks of unnecessary hospital attendance, finding safer home-based alternatives is increasingly important.

You may be eligible if you are aged 20–70, are having elective surgery for kidney or ureteric stones where a stent will be placed, and are independent in your daily activities. People with stents placed for cancer, kidney disease, or ureteric strictures, or whose stents have been in place for more than two weeks, are not eligible.

## Key Eligibility Criteria

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### Inclusion (3)

- Patients undergoing elective ureteropyeloscopy and laser lithotripsy of renal or ureteric calculi who will have double J ureteric stents placed
- Patients aged between 20-70
- Patients who are independent in their activities of daily living (ADLs)

### Exclusion (5)

- Patients who had ureteric stents placed for non-calculous disease – i.e. cancer, renal disease, ureteric stricture
- Patients <20 and >70 years of age
- Patients who are semi-dependent or completely dependent in their ADLs (i.e. nursing home residents)
- Patients who have physical difficulties which limit their ability in removing stents
- Patients who have had stents left for > 2 weeks prior to removal, which increases the risk of encrustation and therefore potential difficulty in removing the stent.

## Locations (5 total)

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Gosford Hospital - Gosford, NSW, Australia  
Royal North Shore Hospital - St Leonards, NSW, Australia  
Wyong Public Hospital - Hamlyn Terrace, NSW, Australia  
... and 2 more locations

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12621001528842>

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