

Information

What are ureteral stones?

Your two kidneys filter the body's waste products out through your urine. Sometimes this waste product can accumulate causing crystals to form; these crystals combine to form a kidney stone. Sometimes these stones become lodged in the ureter.

Removal of Stones

An ureteroscope is a very fine telescope that is passed through the urethra and bladder, up the ureter towards the kidneys.

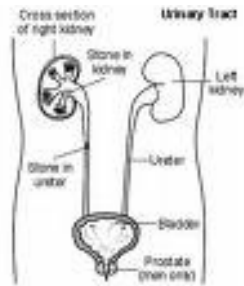


Figure 1 Overview of Urinary System

What type of Anaesthetic?

Patients usually have a general anaesthetic for this procedure. Being asleep means you will feel no pain or discomfort during the procedure.

Occasionally a Spinal anaesthetic may be used where the anaesthetist places a needle in the back to cause numbness in the area to be operated on. You will remain awake but feel no pain or discomfort.

The anaesthetist will discuss with you the type of anaesthetic to be used with you before surgery.

What does the surgeon do?

The surgeon passes a telescope (cystoscope) through the urethra to the bladder where a full inspection is performed.

A very fine wire is then passed up the ureter to the bladder, this act as a guide during the surgery. A Retrograde Pyelogram (a contrast x-ray) which localizes the stone precisely.

The cystoscope is then removed and the ureteroscope is then passed up the ureter to visualize the stone. Small stone can usually be pulled out using the stone basket, but larger stones are shattered using a Lithoclast and the fragments are then removed or pass spontaneously.

After the stone is removed it may be necessary to insert a small internal drain called a JJ stent, which easily removed in a few weeks.

Occasionally the stone may not be reached at the initial attempt due to a very narrow ureter, so a JJ stent may be inserted to allow for dilatation of the ureter over 2-3 weeks. Subsequent Ureteroscopy can then be performed with minimal trauma and damage to the ureter.



Figure 2 Ureteroscopy and destruction of ureteric stones

What to expect after the Operation

- You will be monitored for 2-4 hours post-procedure until the anaesthetic wears off.
- You will be able to go home the same day or the following morning
- If you had a stent inserted this will be removed at a latter date, the surgeon will arrange this with you

What are J-J Stents?

J-J Stents are a hollow plastic tube inserted into the urinary tract prior to lithotripsy. It is absolutely mandatory that this stent be removed.

J-J Stents Complications

The J-J stent is a foreign body and may cause irritation and patient discomfort.

Symptoms may include:

- Stent colic/flank pain
- Difficulty/pain in urinating (dysuria)
- Blood in urine (haematuria)

Are there any Complications?

As with any surgical procedure complications may occur.

The major potential problems are

- Post-operative discomfort
- Infection
- Bleeding from the kidney
- Obstruction of ureter with stone fragments
- Failure of stone to fragment.

**URETEROSCOPY
AND STONE REMOVAL**

You should contact your doctor if you:-

- Pass bright red blood in urine for more than 24 hours
- Have fever, shivers, shakes
- Severe pain not relieved through Panadeine Forte
- Difficulty in passing urine
- Persistent nausea and vomiting

Recovery at Home

Your urine

- Drink plenty of fluids, about 2-3litres/day
- It may take several weeks for stone particles to pass
- Your doctor may ask you to strain your urine so as to collect some stone particles for analysis

Medication

- You may experience discomfort /bruising where shockwaves entered. This will resolve in a few days. Take Panadol/Panadeine as per manufactures instructions
- Some pain relief medication may cause constipation. To avoid this:
 - high fibre diet (prunes, bran etc)
 - you may need a laxative (Senokot)

Activity

- go home and rest after discharge
- do not drive a car, operate machinery, drink alcohol, exercise or work until the following day
- Normal daily activities may be resumed the day following discharge.

Admission Details:

* Hospital _____

* Date _____

* Time _____

FASTING FOR AT LEAST 6 HOURS BEFORE SURGERY

TAKE USUAL MEDICATION ON MORNING OF SURGERY (except aspirin/warfarin)

PLEASE BRING RECENT X-RAYS

**DO NOT TAKE ASPIRIN/WARFARIN/PERSANTIN
ONE WEEK PRIOR TO SURGERY**



7 Chester Street
East Bentleigh 3165
Donna Cowan Urology Nurse
95637899



Mr. Scott Donnellan-Urology Surgeon 9563 7899
Mr. John Kourambas-Urology Surgeon 9563 7899
A/Prof . Sree Appu-Urology Surgeon 9563 7899
Mr. David Pan - Urology Surgeon 9563 7899