

Kidney Stones

Ureteroscopy + Laser Stone Surgery

Definition

Ureteroscopy is a procedure used to treat kidney stones. A ureteroscopy is a type of telescope used to examine the inside of your urinary tract including the urethra, bladder, ureters and kidneys.

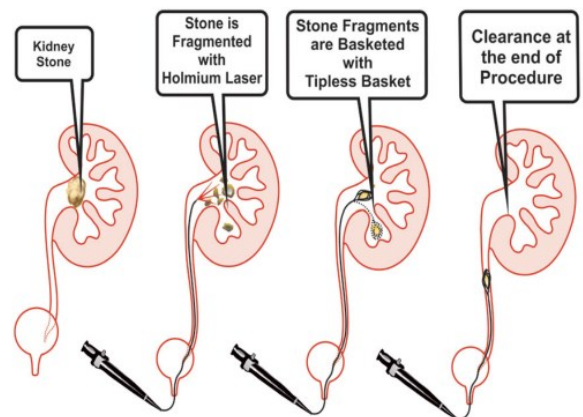
During this procedure, a laser is commonly used to blast kidney stones into smaller fragments. The larger fragments will be removed manually during the procedure and the smaller dust fragments will pass naturally through your urine stream.

Occasionally, a stent may need to be inserted if you have reoccurring stones or to allow larger fragments to pass naturally. This stent will then be removed during an additional procedure usually 6 weeks later.

Procedure

After a general anaesthetic, the ureteroscope is inserted via the urethra, passing through the bladder and ureters and into the kidney. The laser is then inserted through the ureteroscope and the stones are blasted into smaller fragments. No incisions are made through the skin, this procedure is completed entirely through the ureteroscope.

Please inform the staff if there is a possibility you are pregnant.



Post-Operative Care

After an overnight stay in hospital, you will be discharged the following morning.

For the first 48 hours:

- Rest and avoid constipation by drinking lots of water to flush your kidneys and bowels (stool softeners not required).
- Do not participate in labour intensive work or exercise

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Common side effects include:

- Urine with a rose or pink tinge which should clear within 3-5 days post procedure
- Pain which can be managed with Paracetamol or Nurofen
- Stinging or burning when passing urine which can be relieved with Ural (available from pharmacy without a script) or by adding fresh lemon or lime to your drinking water.
- If a stent is placed, the stents themselves can cause irritation resulting in pain or bleeding especially after strenuous exercise. This can be relieved by rest, increasing water intake and simple pain relief in the form of Paracetamol or Nurofen.

Uncommon side effects include:

Seek medical attention through Toowoomba Specialists, your local GP or your local Hospital's Emergency Department. Note: If you take blood thinners, please DO NOT take any further doses until you have sought medical attention.

- Dark red or wine coloured urine
- Passing blood clots through your urine
- Fevers, chills, shakes or tremors
- Unmanageable pain

Discharge Planning

Patients can be discharged once reviewed by Dr Desai.

Please check with Dr Desai as to when to restart taking your usual medication and blood thinners.

Follow up

You will receive an aftercare phone call from Dr Desai's rooms within 2 weeks of your procedure.

You will also be required to attend a face to face appointment with Dr Desai 3-4 weeks after your procedure. Please contact the rooms to arrange this.

If Dr Desai has requested you to see a Dietician, please arrange this appointment 2 weeks after your procedure with the Dietician in his rooms.

For any concerns, please contact Toowoomba Specialists during business hours or St Vincent's Private Hospital Toowoomba after hours.