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TREATMENT OF URETERIC & KIDNEY STONES (URETEROSCOPY / PYELOSCOPY)

Providing Specialist Care in South Australia & Northern Territory

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What is a Ureteroscopy or Ureteropyeloscopy ?

In order to undergo a Ureteroscopy, a Cystoscopy needs to be performed. A Cystoscopy is a procedure where a telescope is used to inspect the urethra (water-pipe), the prostate (in men) and the bladder. A very clear and magnified view can be achieved.

A Ureteroscopy or Ureteropyeloscopy is a procedure where a very narrow telescope is inserted into the ureter (the tube that drains urine from the kidney down to the bladder). Once the stone is found, it can then either be removed whole or broken into smaller fragments usually with a laser fibre. Stones or stone fragments are then removed with a very fine basket.

Ureteroscopy can lead to temporary swelling of the ureter. This can lead to similar types of pain as having a kidney stone (renal colic). So after the Ureteroscopy is completed, a ureteric stent is almost always inserted. This is a small plastic tube that helps to reduce pain and maintain urinary drainage after the procedure. Imaging is required to place the stent with radiological dye injected via a small tube into the ureter.

This can be done as a day procedure, but an overnight stay may also be advised.

Indications

A Ureteroscopy or Ureteropyeloscopy is indicated for the following reasons:

- Treatment of stones in the ureter or kidney
- Assessment of bleeding and/or pain

Complications

This is generally very safe procedure with low risk complications

- The chance of an infection is <5%
- Significant bleeding is extremely unlikely as is a blood transfusion
- An injury to the ureter is a risk, however, a very small one of <1%

Preparing for the procedure

We will provide you with instructions regarding all aspects of preparing for your operation.

- Pre-operative blood and urine tests.
- Details of admission to hospital.
- Information regarding fasting and medications.

Please advise us of any known allergies to medications or contrast dyes used in some x-rays.

What to expect afterwards

It is common to have some side effects with a ureteric stent. You may experience discomfort or pain in the bladder and kidney (flank) area — but sometimes in other areas such as the groin, urethra and genitals. This discomfort or pain may be more noticeable after physical activities and after passing urine. Bending from the abdomen is often worse.

There might also be an increase in frequency of passing urine, the need to rush and pass urine urgently, a sensation of incomplete emptying of the bladder, or burning/stinging when passing urine. You may also experience a small amount of blood in the urine. This is quite common and can improve with greater fluid intake. Do not drink excessively. Aim to keep your urine a pale yellow or straw colour.



