

Procedure Information Sheet - Ureteroscopic Lithotripsy (URSL)

Introduction

Ureters convey the urine from the kidneys to the urinary bladder. Patients with ureteric stones will present with renal colic or dull loin pain; if the problem is serious, renal function will be impaired. Therefore, surgical intervention is necessary.

Procedure

1. The operation is performed under general anaesthesia / MAC.
2. Ureteroscope is passed through the urethra and urinary bladder up to the ureter under X-ray guidance.
3. The ureteric stones can be disintegrated by laser or ultrasound or other energy source into small pieces, which can then be passed out along with urine.
4. The stones can be extracted with instruments.
5. Internal ureteric stents will be placed to facilitate healing and ensure drainage if necessary.
6. The stent will be removed with cystoscope a few weeks after the operation with local anaesthesia.

Pre-operative preparation

1. You will need to sign a consent form and your doctor will explain to you the reason, procedure and possible complications.
2. Keep fast for 6-8 hours before operation.

Possible risks and complications

- Voiding difficulty and voiding of blood stained urine when a ureteric stent is inserted.
- Pain over the loin, lower abdomen for the first few days after the procedure is expected.
- Urinary tract infection.
- Perforation of ureter.

Post-operative information

A. Hospital care

1. You are advised to have fluid diet during initial post-operation period. You can eat solid food as instructed by your doctor.
2. Take analgesics as prescribed by your doctor.

Procedure Information Sheet - Ureteroscopic Lithotripsy (URSL)

3. You may have loin pain or burning sensation during micturition. Sometimes the urine may turn red, or it may contain blood clots or small pieces of broken stones. These will disappear in a few days.
4. During the first 2 days, drink a lot of water (2-3 liters per day) to facilitate urination. Avoid coffee, tea, coke or alcoholic beverages.

B. Home care after discharge

1. Please comply with the medication regime and take analgesic as prescribed by your doctor.
2. It is advised to drink 3-4 liters of water per day to increase the urine output to 2-3 liters per day. It will facilitate the passage of stones.
3. Follow up on schedule for removal of ureteric stent if necessary.
4. Contact your doctor if persistent fever (body temperature above 38°C or 100°F), loin pain or voiding difficulty.
5. Stone formation can be prevented by a well balanced diet of high fibre with low salt, sugar and fat.

Remark

The above mentioned procedural information is not exhaustive, other unforeseen complications may occur in special patient groups or different individual. Please contact your physician for further enquiry.

Reference: http://www21.ha.org.hk/smartpatient/tc/operationstests_procedures.html

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. _____. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

Name: _____

Pt No.: _____

Case No.: _____

Sex/Age: _____

Unit Bed No: _____

Case Reg Date & Time: _____

Attn Dr: _____

Patient / Relative Signature: _____

Patient / Relative Name: _____

Relationship (if any): _____

Date: _____