



## Procedure Information – Ureteroscopic Lithotripsy (URSL)

Visit No.: Dept.:  
Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:  
Patient No.: PN

Page No:

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*Please fill in /  
affix patient's label*

### 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.

### The Procedure

1. The operation is performed under general anaesthesia/ monitored anesthesia care (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 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 stents will be removed with cystoscope a few weeks after the operation under local anaesthesia.

### 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.

### Before the Procedure

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

### After the procedure

#### **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. You must avoid driving, taking sedatives, operating equipment or signing any legal document for the first 24 hours after the operation.
3. Take analgesics as prescribed by your doctor.
4. You may have loin pain or burning 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.
5. 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.



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**B. Home care**

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 daily 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 fiber with low salt, sugar and fat.

**Remarks**

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. Should a complication occur, another life-saving procedure or treatment may be required immediately. For further information please contact your doctor.

**Reference**

Hospital Authority – Smart Patient Website

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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.

\_\_\_\_\_  
Patient / Relative Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Relationship (if any)

\_\_\_\_\_  
Date