

## My Planned Care Patient Information Platform

### Surgery & Cancer Division – Urology Ureteroscopy for Kidney Stones

#### Introduction

Your Urologist has recommended removal of your kidney stones. This is a surgical procedure that involves using a telescope (semi-rigid or flexible) passed into your bladder through your urethra (waterpipe) to fragment and/or remove stones from your ureter or kidney.

You will be provided with a written information leaflet that details your specific surgery when you attend Urology Outpatients (Ward 8).

If you do not receive written information please contact the Urology Outpatient Department, on 01270 612444.

#### Guidance for Patients

**This operation is usually performed under General Anaesthetic, and many patients go home on the same day.**

- We put a telescope into your bladder, through your urethra (waterpipe), and use it to put a guidewire up into your kidney, past the stone in the ureter, using X-ray control.
- Using the laser, we either “dust” the stone, leaving tiny fragments which can pass by themselves, or break it into smaller pieces (pictured) which can be removed using special grasping devices
- Occasionally, we put in a bladder catheter which is removed the following morning.

**It is usually performed for one or more of the following reasons:**

- Causing Urinary Tract Infections (UTI's).
- Severe pain
- Kidney stones can cause long term damage to your kidneys if left untreated

**To help pass your stones:**

- Stay hydrated and drink plenty of water but avoid fizzy drinks
- Add fresh lemon juice to your water
- Do not eat too much salt

#### What should I do if my health is deteriorating?

If you feel your symptoms are deteriorating, please contact your GP or NHS 111 for medical review in the first instance. Your GP will be able to advise if this is something they can support with during your wait or they will be able to contact your Urology team to discuss their findings in more detail and determine a management plan.

## My Planned Care Patient Information Platform

### Contact Us

Admission Date - Please contact the Urology Scheduling Team 01270 613408