

URETEROSCOPY & LASER LITHOTRIPSY OF KIDNEY/URETERAL STONES



Ureteroscopy is a surgical procedure to treat and remove stones in the ureter or kidney. Dr. Disick performs this procedure in the OR of a hospital, under general anesthesia with the patient completely asleep. A special thin & long telescope (a “ureteroscope”) is placed through the urethra, then into the bladder, and then up into the ureter and/or kidney. Once the stone is directly visualized, a laser is used to break and fragment the stone (“laser lithotripsy”) into pieces that are small enough to pass on their own or that can be removed with a miniature basket. Almost all patients require a temporary internal ureteral stent after the stone is treated in order to help control swelling in the ureter/kidney, allow the kidney to drain urine, and to help small residual stone pieces pass (see Information for Patients with Ureteral Stents).

Ureteroscopy & Laser Lithotripsy Video Animation: <https://www.youtube.com/watch?v=ayCH5cc0y1M&t=46s>

Ureteral Stent Information: https://gdurology.com/pdf/Information_for_Patients_with_Ureteral_Stents.pdf

Prior To Surgery:

- It is your responsibility to schedule a pre-surgical clearance appointment with your primary care physician at least 30 days before your surgery. We will let your primary care doctor’s office know what procedure you’re having and what blood tests, chest x-ray, EKG, etc. the hospital requires. *Some* patients may also need to see their Cardiologist for additional clearance.
- The day before your procedure, the hospital (*NOT OUR OFFICE*) will contact you at some time before 5pm, instructing you exactly where and when you are to report on the day of your surgery. Calling our office and asking what time you need to be at the hospital *IS NOT NECESSARY* as this time is per the hospital’s schedule.
- Do NOT eat or drink anything starting at midnight the night before your procedure. You are allowed to take your regular medications on the morning of surgery with a small sip of water.
- Bring with you: Driver’s license, insurance card, list of your medications, family member’s phone number.
- You’ll meet the Anesthesiologist on the day of surgery to discuss anesthesia & have your questions answered.
- If you’re on blood thinners, please discuss with Dr. Disick if these need to be stopped prior to the procedure.

After Surgery / Common Side Effects:

- Patients can go home 1-2 hours after the procedure – please arrange a ride home; you cannot drive yourself.
- Please refer to “Information for Patients with Ureteral Stents”.
- Nausea and occasional vomiting can occur.
- Pain within the first 24-48 hours in your kidneys, abdomen, lower back, bladder, and sides.
- Blood in urine; color can range from light pink to reddish - medications to help with burning during urination can sometimes turn the urine orange.
- Feeling of bladder fullness and a constant need to urinate (urgency & frequency).
- Burning sensation during urination or when you move - pain may increase when you urinate.
- Bladder muscle spasms.
- *Some* patients may see a small black thread coming out of the urethra – this is attached to the stent – do not pull it!
- The stent will be removed in the office, typically 5-7 days after the ureteroscopy procedure.
- Dr. Disick will discuss next steps in stone prevention (stone analysis, 24 hour urine collection, dietary changes).

POST OP APPOINTMENT: _____