

# Having ureteroscopic stone removal

Department of Urology

Information for patients

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## Introduction

The tests that you have had shows that you have stones in your ureter or kidney. Uteroscopic stone removal procedure will remove these stones, or break them into smaller pieces.

## How is the procedure performed?

1. We will put you under general anaesthetic for this procedure. This means you will be asleep during the procedure. We may also give antibiotics into your vein (intravenously).
2. The surgeon will put a telescope along your pee pipe (urethra) into your bladder. Using X-ray guidance, a flexible guide wire will be put into the tube (ureter) that runs from your kidney to your bladder on the affected side. A longer telescope will then be put in and passed into your ureter or kidney to find the stone(s).
3. The stones will be broken into smaller pieces using a laser. The surgeon may then use special instruments to remove the pieces.
4. We may leave a plastic tube (stent) in place in your ureter. We may give you a urinary catheter to drain pee from your bladder into a bag. We will often remove this the day after the procedure. You will be able to go home once you are peeing normally.
5. We will either send you home on the same day as the procedure or the day after.

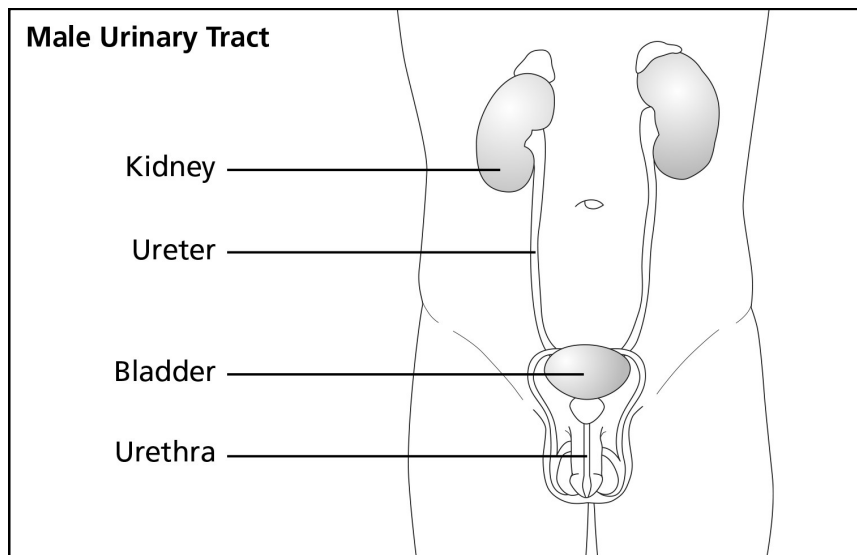
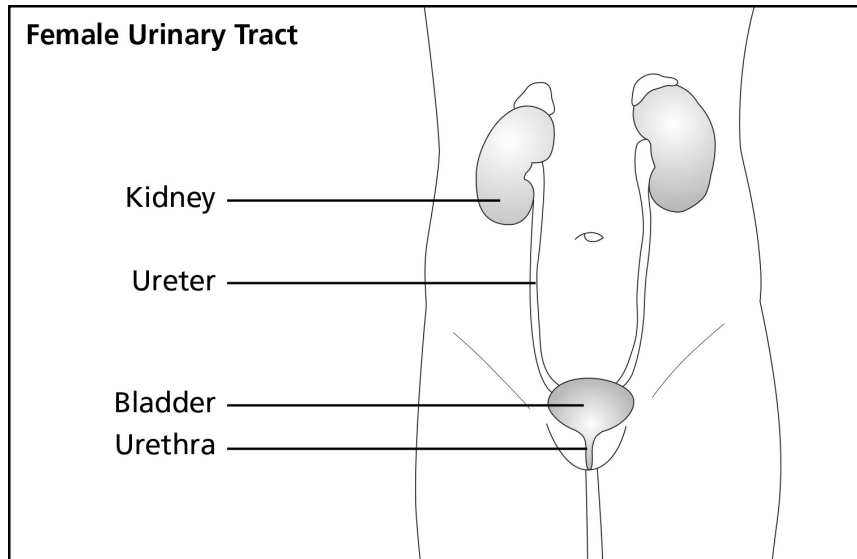
## What are other treatment options?

Another treatment is shock wave treatment. This breaks the stones into smaller pieces and then allows them to pass out in your pee.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## Understanding your anatomy



## Are there any side effects?

Every operation has some risks. These include:

### Common (greater than 1 in 10 people)

- Mild burning or bleeding when peeing for a short period after operation.
- If you have a stent in place, it may cause some discomfort. This can make you pee more often or cause your pee to have blood in it.
- You may get more stones in the future.

### Occasional (between 1 in 10 and 1 in 50 people)

- Failure of the procedure. It may not be possible for the surgeon to remove the stone if you have a narrow ureter, or if the stone has moved into part of the kidney that cannot be reached.
- Kidney damage or infection needing more treatment.

### Rare (less than 1 in 50)

- Damage to the ureter. This may mean that you need either an open operation or a tube placed into your kidney directly from the back (nephrostomy) to allow any leak to heal.
- Scarring or stricture of the ureter needing further procedures to widen it.

## Your procedure

### Please read the following important information:

- If you are ill, or cannot keep your appointment for some other reason, please let us know as early as possible. Another patient may benefit from the cancellation of your appointment.
- If you feel worried or nervous and want to talk to someone, please feel free to ring the nurses on the Day Case Unit.

Please ring us using the following numbers: Monday to Friday 9.00am to 6.00pm.

**Leicester General Hospital: 0116 258 4192 (Day Case 1)**

**0116 258 8130 (Day Case 2)**

**Outside these hours contact: Urology Emergency Admissions, 0116 258 4247**

## What happens before my procedure?

You will be seen in a pre-assessment clinic at some time before your operation, to make sure you are fit to have the procedure as a day case. At this appointment the nurse will go through paperwork with you and you will be given information about your procedure.

You will be told about the consent form that you will be asked to sign to give your permission for the procedure. This appointment is a good time for you to ask any questions you may have, please write these down if that will help.

Depending on your general health and your age, we may need to carry out some tests. These will be discussed with you as necessary and may include an electrocardiograph (heart tracing/ECG), swabs and blood tests.

## What arrangements do I need to make?

Before you can have your procedure as a day case, you need to plan the following things:

- You must be collected by a responsible adult. This adult must take you home in a car or taxi after your operation.
- You must have a responsible adult at home with you for at least 24 hours after your operation.
- You must have a phone at home.
- You **must not** drive, cycle, operate machinery or drink alcohol for a minimum of 48 hours after your procedure.

**Important: driving after an anaesthetic is a criminal offence, and will affect your insurance cover.**

## What do I need to do before my procedure?

- Read your admission letter carefully.
- Do not eat or drink anything from the time stated in your letter.
- Do not wear any nail polish, false nails or make up.
- Do not wear contact lenses.
- Do not wear any jewellery, except for a wedding ring.
- Do not bring any values with you into hospital. University Hospitals of Leicester NHS Trust cannot accept responsibility for loss or damage to personal belongings.
- Do have a bath or shower before you come into hospital.
- Do wear comfortable clothing and footwear to go home in.

**Expect to wait on the unit before your procedure.**

## What do I need to bring with me?

On the day of your procedure please bring with you:

- **Your appointment letter.** The time you are given to arrive is not the time of your procedure. The surgeon needs to see you before the start of the list, so you may be waiting for your procedure for between 2 and 4 hours.
- **Any drugs, medicines or inhalers you are using.** Please take your necessary medication before attending. The pre-assessment nurse will advise you when you should take your medication.
- A contact number for your lift home.
- A dressing gown and slippers, if you have them.
- Something to do while you are waiting, such as a book or magazine to read.

## What will happen when I am on the Day Case Unit?

You need to come to the Day Case Unit and go to the reception. We will check your details. We will direct you on to the ward or to the waiting room where a nurse will collect you.

The nurse will talk to you about your procedure and ask a few questions. You can also ask questions here.

The surgical team will meet you and ask you to sign a consent form. If there is anything you are concerned about or do not understand, please ask your surgeon before you sign the form.

The anaesthetist will visit you. This is the doctor who will look after you while you are asleep.

The nurse will tell you when to change into your theatre gown, and then take you to the operating theatre.

## Advice for after the procedure

We will return you to the day ward and make sure you are comfortable. We will give you refreshments. If you have any discomfort or sickness please let the staff know so that they can help you.

You will recover on the ward until your nurse is happy that you are well enough to go home. You will need to eat and drink before you can go home. You will also need to pee before you go home.

**If you have a raised temperature, pain or persistent burning or bleeding when you pee, please contact us right away using the phone numbers on page 3.**

- **Pain:** You may experience some burning when peeing for a short period after the procedure. This can often be controlled with paracetamol (or a similar pain killer). If you are unsure, contact us for advice.
- **Diet:** You can eat and drink as normal straight away. Do not drink alcohol for 48 hours. It is best to drink plenty of fluids, at least 2 to 3 litres (4 to 5 pints) in the first 24 hours. This will make you pass more water, flushing your bladder regularly.
- **Driving:** You must not drive for at least 48 hours (2 days) after a general anaesthetic. You will not be covered by your car insurance. Do not drive until you can keep control of your car in an emergency. You should contact your insurance company if you are not sure.
- **Work:** Depending on your job, you will need to take 1 to 2 weeks off work after your procedure. Your surgeon will tell you how long you need to take off work.
- **Sex:** You can go back to sexual activity as soon as you feel comfortable.
- **Physical activity:** Do not do too much too soon. It is usual to feel some aches and pains for a few days and sometimes up to 2 weeks.
- **Holidays:** Do not fly too soon after the operation. It can cause problems and your insurance might not cover you. Check with your insurance company first.

## When will the stent be removed?

Sometimes, you may need to have a urinary catheter to help drain your pee.

If you have had a stent inserted during the procedure, we will let you know when the stent needs to be removed. We will tell you this before you go home. Ureteric stents are often removed in the outpatient clinic. A plastic tube (stent with strings) may be left in place in your pee pipe. This will be removed in clinic.

**If you do not hear from the hospital about the removal of your stent within 4 weeks after discharge. Please contact us unless it has been specified that it needs to stay in longer.**

You can help prevent more stones by making changes to your diet and fluid intake. This will be explained to you in more detail in the outpatient clinic.



## Contact details

If you have any concerns or questions contact us using the following telephone numbers:

### Booking clerks (for questions about appointment times and dates):

Phone: 0116 258 8268  
Monday to Friday 9am to 4pm

### Urology Assessment Centre

Phone: 0116 258 4632  
Monday to Friday 8:30am to 4:30pm

### Ward 28 / 29

Phone: 0116 258 4247 (24 hours)

### Urology Nurse Specialists

Phone: 0116 258 4635  
Monday to Friday 9am to 5pm

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)