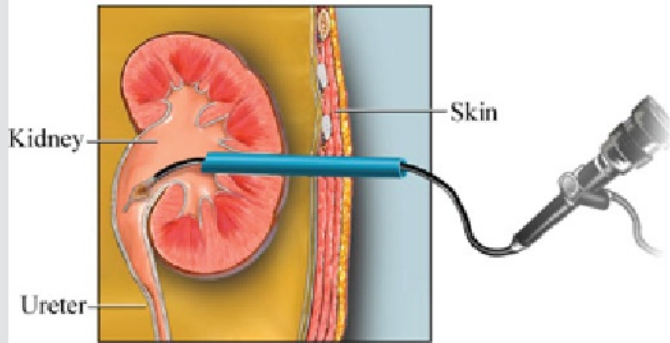


FINALLY...

Some of your questions should have been answered by this leaflet. Make sure that you are satisfied that you have received enough information about the procedure, plan for the procedure.

We at The Kidney Centre Karachi would be happy to answer any of your questions. You can ring up at (21) 5661000. or E-Mail mail@kidneycentre.com

Percutaneous Nephrolithotomy



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PERCUTANEOUS NEPHROLITHOTOMY

INTRODUCTION

Kidney stones are a very common problem in our country, and often need some procedure for removing of kidney stones. Many kidney stones can now be dealt with using external shock waves (ESWL), which avoids any operation at all. However, depending upon the size, location and configuration of kidney stone, not all stones are suitable for ESWL, and they need to be removed surgically. However, it is no longer necessary to remove kidney stones by an open operation; instead they can be removed by "keyhole" surgery, through a very small incision in the skin. Percutaneous nephrolithotomy (PCNL) means taking stones out of the kidney through a small puncture in the skin. Although it may sound very complicated, it is designed to remove kidney stones to allow you to recover much more quickly. The Consultant Urologist in charge of your case, only after reviewing your reports, and X rays will be able to suggest and discuss about the kind of procedure which is most suitable for you.

HOW DO I PREPARE FOR PERCUTANEOUS NEPHROLITHOTOMY?

You need to be an in-patient in the hospital at least one day prior the surgery. On the night before the procedure you will be asked to stop eating and drinking (NPO) after your usual dinner. On the day of surgery you will be shifted to Operation Theater half an hour before surgery. The procedure is carried out under a general anesthesia. Using special instrument and modern equipments, Kidney and the stone are targeted with a needle, guide wires and dilators, a temporary tract is established through which, surgeon can pass a telescope, to break and remove the stone fragments. Procedure usually last for one to two hours. At the end of the procedure a fine plastic tube, called a Ureteric catheter, will be placed in the ureter, which help to drains urine from the kidney to the bladder. A plastic drainage tube, called a catheter, may also be left in the kidney through the original track, to allow urine to drain into a bag on the skin surface, again as a temporary measure.

As the procedure is carried out under a general anesthesia, you will not feel any pain at all. Afterwards, you may experience some tenderness around the small incision and in the kidney. This should not be too uncomfortable, and the ward staff will be able to give you appropriate pain killers if necessary.

AFTERWARDS

you will be taken back to your ward on a trolley. Nurses on the ward will carry out routine observations, such as taking your pulse and blood pressure, to make sure that there are no problems. The doctors looking after you will advise on how quickly you can become mobile again, when to start eating, and will also advise about your next morning X-ray. If you have a drainage catheter from your kidney to the skin, this stays in place in your body for the time being, and will be attached to a collection bag. Your urinary catheter and the plastic tube will be removed in next two days, before you are discharged home.

RISKS OR COMPLICATIONS OF KEY WHOLE SURGERY FOR KIDNEY STONE.

Percutaneous nephrolithotomy is considered a very safe procedure, designed to save you having a larger operation. There are some slight risks and possible complications involved, and although it is difficult to say exactly how often these occur, they are generally minor and do not happen very often.

At times with PCNL Urologist is able to remove major part of you kidney stone, but small part of stone does remain behind (Called Residual stone) because of technical difficulty. In this situation, these residual stones are treated with ESWL.

There may be slight bleeding from the kidney. On very rare occasions, this may become severe, and require blood transfusion or another radiological procedure to stop it.

Occasionally there may be infection in the kidney, or in the space around it. This can generally be treated satisfactorily with antibiotics.

Only very rarely consultant surgeon will arrange another method of removing the stone, which may involve open surgery.

Despite these possible complications, the procedure is normally very safe, and will deal with the problem of your kidney stones very satisfactorily.

