



# URETEROSCOPY

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In the last few years, there has been a growing trend in replacing open surgeries with non-operative or minimally invasive procedures. Ureteroscopy is one such newer technique that enables us to visualize the ureter from within and helps us to treat and diagnose stones in the ureter. Using this method, the patient experiences less pain, no scars on any part of the body and can be discharged within one day of the operation. With increasing experience, the chances of complications have decreased.

### **URETEROSCOPY IS PERFORMED FOR:**

1. Stones in the ureter
2. Diagnosis Evaluation of radiographic filling in ureter
3. Therapeutic procedures other than calculi

**Preoperative Patient Assessment:** Preoperative assessment of the patient is mandatory. An intravenous urogram (IVP) or CT Pyelogram is essential to assess the stone size, position and structure of the ureter. After the preoperative assessment, your urologist will give you the date for the planned Ureteroscopy procedure. In most cases, you will be asked to stop eating over night before admission or soon after your breakfast.

### **PREPARATION**

After the admission procedure is completed and you are admitted in the ward, you will be given a hospital gown to wear. You will need to sign a consent form before the procedure. Upon your turn, you will be shifted to the Operation Theater where the procedure will be performed. Depending upon the nature of the procedure, anesthetist's assessment and your circumstances, a choice anesthesia will be given. Most commonly, we prefer to perform this procedure under general anesthesia.

Ureteroscopy is an Endoscopic procedure, that requires no cutting or removal of tissues and hence, no scars are left on the body after the procedure. It is performed through the introduction of an instrument inserted into the urinary passage through the urethra and urinary bladder (Natural Urinary Passage) into the ureter, and viewed through the "URETEROSCOPE..

These instruments allow the doctor to view a ureteral stone directly. They also have small working channels through which various devices can be passed to remove or fragment stones.

Smaller stones can be removed by using stone forceps. Larger stones, however, need to be fragmented for their clearance. There are various energy sources with which a stone can be fragmented. In cases of calculi associated with severe obstruction, it may be better to place a DJ stent after the stone has been broken in the ureter. The stent can be left inside the system for a few days or weeks depending on the complexity of the procedure. It is very important for this stent to be removed because it can lead to the development of stones if left in the urinary system for an extended period.

### **AFTER THE URETEROSCOPY**

You may experience slight burning ft pain and notice a small quantity of blood in your urine for one or two days after the procedure. During urination, patients may notice passage of small fragments of stones. This is a good sign, since the small stone fragments are normally passed out after they are fragmented during the procedure.

### **COMPLICATION**

Only very rarely can stones not be treated through this procedure or converted to open surgery for stone removal.

### **FOR FURTHER INFORMATION**

We at The Kidney Centre Karachi would be happy to answer any of your questions. You can ring up at (21) 5661000 or email: [mail@kidneycentre.com](mailto:mail@kidneycentre.com)