



**University
Hospitals Sussex**
NHS Foundation Trust

Flexible Ureteroscopy for Kidney Stones (URS)

Department of Urology

Patient information

What is ureteroscopy or URS?

Ureteroscopy involves the passage of a small fibroptic instrument called a ureteroscope through the urethra and the bladder into the ureter. The urethra is the tube from the bladder through which the urine drains out. A ureter is the tube from the kidneys which drains urine into the bladder.

Why do I need ureteroscopy?

Ureteroscopy is needed to remove a stone/stones from your kidneys which have not been able to pass through the ureter normally.

What preparation do I need?

The procedure will be done under general anaesthesia so you will have to attend a pre assessment clinic before your operation. You will be screened for MRSA and some baseline investigations will be performed. You will also have an x-ray done to confirm the presence of a stone.

You will be asked not to eat and drink 6 hours prior to surgery.

What happens on the day?

You will be admitted onto the ward on the day of your procedure and be seen by an anaesthetist. You will also be seen by the surgeon who will go through with you the procedure. You will have the opportunity to ask any questions. Your surgeon will also ask you to sign a consent form.

Your nurse will ask you to change into a hospital gown and remove any jewellery. You will also be asked to wear special stockings while you are in the hospital which helps to prevent Deep Vein Thrombosis.

You will be escorted to the theatre by the theatre staff nearer the time for your procedure.

What happens during procedure?

You will be asleep throughout the procedure. A ureteroscope will be passed into your bladder and affected ureter under x-ray guidance. Using a probe or laser the surgeon will then break the stones down and take them out. A ureteric stent may be left in place.

After the procedure you will be taken to the recovery room where you will wake up, at your own pace.

What happens after the procedure?

You will be seen either by the surgeon or a member of the team on the ward who will explain the outcome.

You might come back to the ward with a catheter which will either be removed on the same day or next day morning.

You will be able to go home once you are passing urine normally. If you have a stent in then you will have a further appointment made for removal of stent.

What are the side-effects or complications?

- Mild burning, pain, bleeding for few days, infection
- The stent may cause pain, bleeding, discomfort and frequency to urinate
- Damage to the kidney or ureter
- Inability to retrieve the stone
- Recurrence of stones
- Scarring or stricture of the ureter.

What should I expect after the procedure?

- Drink plenty of fluids to flush your system and minimise any bleeding
- You may experience pain for at least 72hrs after the procedure. Take anti-inflammatory pain killers.

- You can resume work after 7-10 days if you are feeling well.
- The doctor can provide a fit note on request.
- Contact your GP if you have any fever, severe pain, inability to pass urine, persistent bleeding, passing any clots or stone fragments.
- You may resume driving when you feel you are fit and well after the procedure, normally after 2 weeks.

Useful telephone numbers:

The Urology Nursing Team **01444 441881 Ext. 65457**

Email uhsussex.urologyclinicalnursingteam@nhs.net

Urology consultants:

Mr Coker's secretary **01444 441881 Ext. 68043**

Mr Crawford's secretary **01444 441881 Ext. 65962**

Mr Symes' secretary **01273 696955 Ext. 67809**

Mr Larner's secretary **01273 696955 Ext. 67808**

Mr Alanbuki's secretary **01273 696955 Ext. 67810**

Mr Zakikhani's secretary **01273 696955 Ext. 67809**

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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