

## Urology –Urinary stone removal procedures

### Introduction

The COVID pandemic has had a significant impact on the NHS' ability to provide routine elective services. We recognise that patients are waiting longer than we would like and that it is not always possible to say when treatment will take place. This document provides our patients with information on how you can support yourself while waiting for treatment at the hospital. The guidance has been written by the clinicians who are responsible for your care.

This guidance encompasses the following operations:

- Ureteroscopy and stone removal
- Percutaneous nephrolithotomy PCNL
- Extracorporeal Shockwave lithotripsy

### Guidance for Patients

If you have any long-standing conditions such as high blood pressure you should get this reviewed at your Doctor's surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker, it would be advisable to seek support to help with stopping, advice can be found at your local pharmacy or Doctor's surgery.

The website below can provide you with support and information whilst you are waiting for your surgery:

#### **British Association of Urological Surgeons**

Dietary advice for stone formers:

<https://www.baus.org.uk/userfiles/pages/files/Patients/Leaflets/Stone%20diet.pdf>

Advice to patients with a ureteric stent:

<https://www.baus.org.uk/userfiles/pages/files/Patients/Leaflets/Stent%20advice.pdf>

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The contents of this information have been reviewed and approved by the Clinical Decision Panel of West Herts Teaching Hospitals NHS Trust.

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Ureteroscopy:

<https://www.baus.org.uk/userfiles/pages/files/Patients/Leaflets/Ureteroscopy%20for%20stone.pdf>

PCNL: <https://www.baus.org.uk/userfiles/pages/files/Patients/Leaflets/PCNL.pdf>

ESWL/Shockwave lithotripsy: <https://www.baus.org.uk/userfiles/pages/files/Patients/Leaflets/ESWL.pdf>

If you have a kidney stent inserted for a urinary stone and you are awaiting stone surgery for more than 2 months, please contact the urology admissions department to expedite your operation, on 01727 897666.

Sometimes patients pass their stone whilst waiting for surgery. If you were diagnosed with a small single stone and you think you have passed it, please contact us.

## Stop Smoking Service:

A stop smoking service provides a range of options to help you quit including support from an advisor, stop smoking medications, e-cigarettes and a digital offer for those who wish to quit by themselves. Your GP surgery can put you in touch with this service.

## What should I do if my health is deteriorating?

Patients with ureteral stents:

- It is common to experience symptoms of urinary urgency, urinary frequency, blood in the urine and an ache in your kidney area when you have a ureteral stent placed in your kidney.
- If you develop worsening increasing pain or fever then you may have a urinary infection. Please contact your GP as you may need antibiotic treatment. It is helpful to provide them with a urine specimen before starting antibiotics.

Patients without a ureteral stent:

If you develop sudden onset of severe gripping pain in the loin or abdomen you need to attend your local A&E department urgently. Sometimes a stone can get stuck in your urinary system which may need urgent treatment.

If your general health worsens whilst waiting you should seek advice:

## Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

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## Contact Us

Surgical Care Practitioner:	07776200948
Mr Taufiq Shaikh secretary:	01727 897147
Mr Freddie Banks secretary	01923 217521
Mr Shahzad Shah secretary:	01923 217052
Mr Jacques Roux secretary:	01727 897116
Mr Vimoshan Arumuham secretary:	01923 217064
Mr Angelos Christofides secretary:	01923 217521
Mr Mohammed Alsheikh secretary:	01923 217052