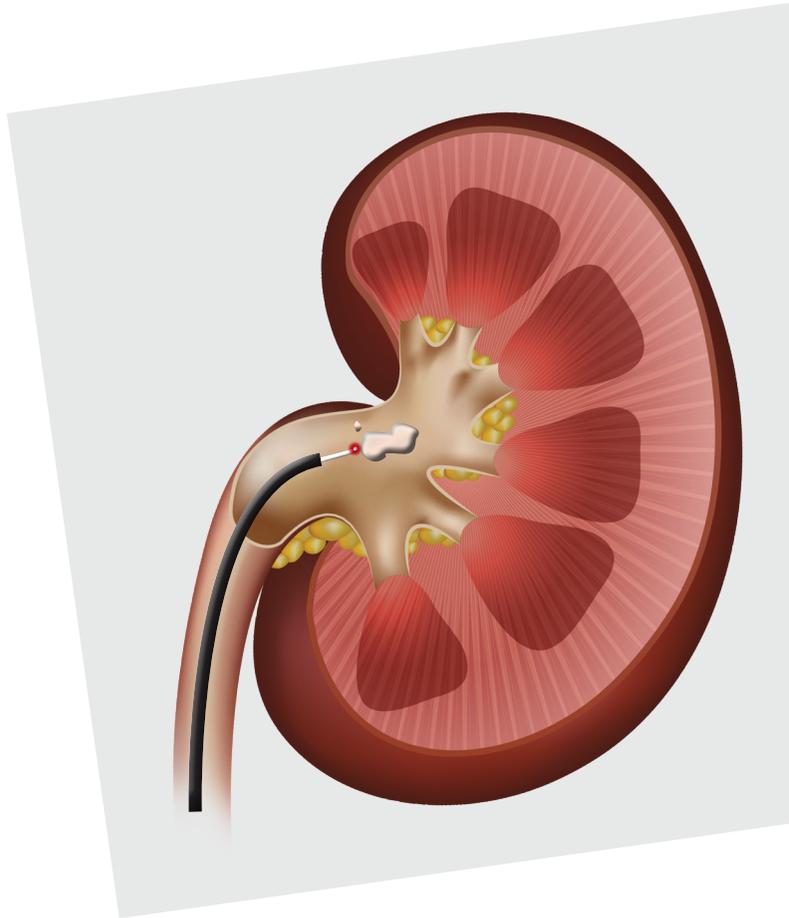


Ureteroscopy (URS)



The Urology service offers a comprehensive range of adult urologic care to patients, including advanced diagnostic, medical and surgical care for men and women. Our team of specialised urologists offer individualised care on general urological conditions, urologic cancers (bladder, kidney, penile, prostate and testicular), urinary stone disease, urinary tract infection, prostate diseases (benign prostatic hyperplasia and prostatitis), urinary incontinence for males and females, male infertility and blood in the urine (haematuria).

Ureteroscopy (URS) is a type of minimally-invasive treatment that involves using a small-calibre endoscope to detect, break up and remove stone(s) from the kidney with one single procedure. URS offers patients high success rates and low complications.

How is it performed?

An endoscope will enter your bladder through the urethra. Depending on where the stone is, a rigid or flexible ureteroscope is used. A flexible ureteroscope will allow your doctor to reach virtually every point in your kidney (*Fig. 1*).

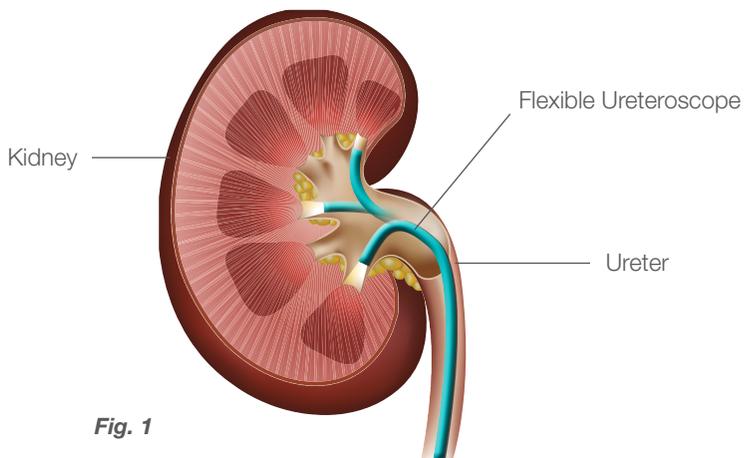


Fig. 1

Once the stone is identified, it is pulled out with the help of a special “basket” (Fig. 2). If the stone is too big to be removed completely, it will be broken down with laser, ultrasound, or a pneumatic lithotripter. At this point all stone fragments will be removed.

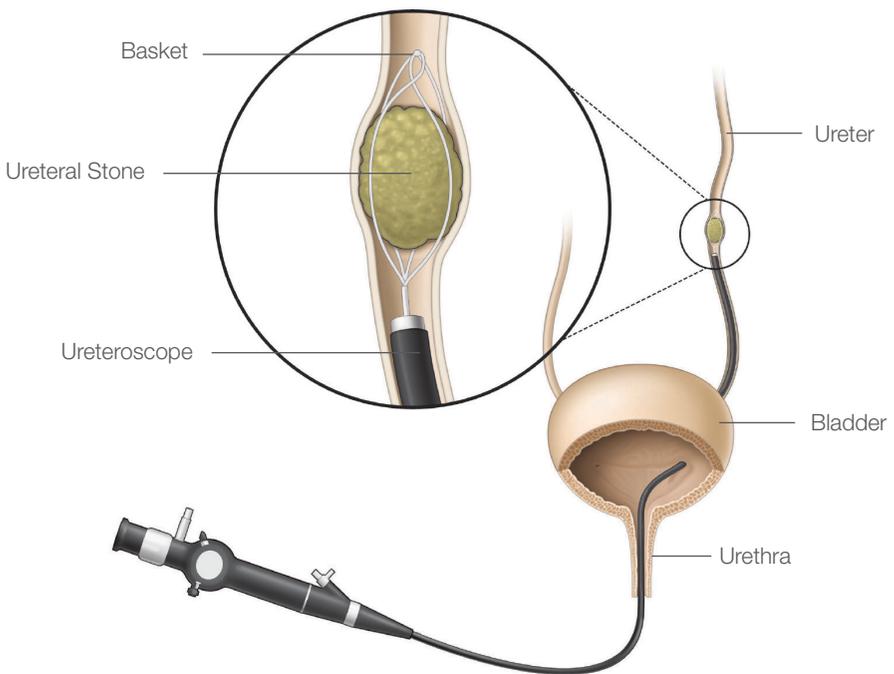


Fig 2

Depending on the operation, your doctor may place a JJ-stent in your ureter to improve urine flow through the urinary system (*Fig. 3*). The stent is removed once urine flow returns to normal. This may take from several days to a few weeks.

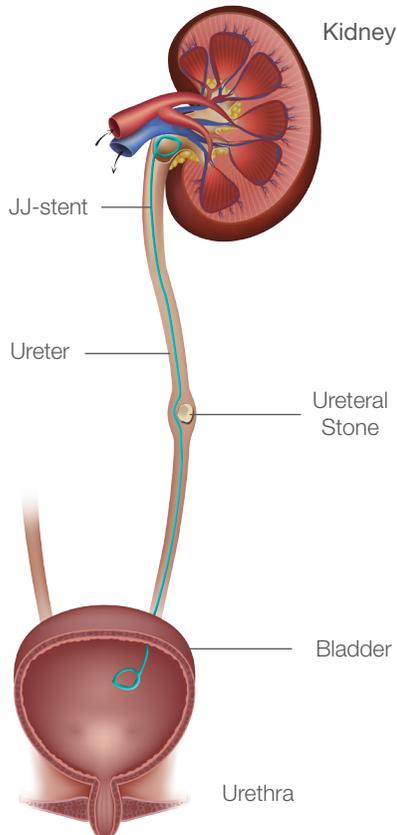


Fig. 3

When should I consider URS?

For stones up to 2cm, URS is a safe and effective treatment to consider. There is a high chance for you to become stone-free with one operation. URS allows stone fragments to be removed without the need to pass them out later.

When is URS not recommended?

URS can be performed on almost everyone as long as the individual's condition allows for anaesthesia and he/she does not have an untreated urinary tract infection. There is no need to stop taking medication for blood clotting. Before deciding, you should speak to your doctor to address all concerns.

How do I prepare for the procedure?

We will advise you on pre-operation instructions. Do not eat, drink, or smoke 6 to 8 hours before the procedure to prepare your body for anaesthesia.

When can I return to daily activities?

This procedure may be done as a day surgery. You may see traces of blood in your urine for the next couple of days. If a JJ-stent was placed during the procedure, your doctor will remove it when your urine flow returns to normal and advise you on the scope of activities you may engage in after discharge.

Visit the hospital immediately if you:

- Develop a fever
- Experience pain even when you are on painkillers

Advantages of URS	Disadvantages of URS
<ul style="list-style-type: none">• Stones can be removed immediately	<ul style="list-style-type: none">• Anaesthesia is required
<ul style="list-style-type: none">• Low risk of complications	<ul style="list-style-type: none">• Small risk of injuring the ureter

Notes

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

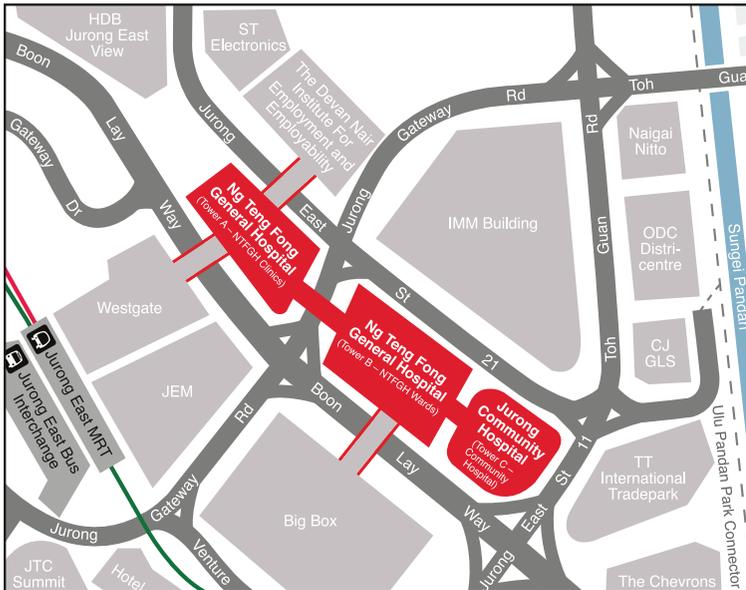
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.