

The Evaluation of Not Stenting after Uncomplicated Ureteroscopy: A Randomized Prospective Study

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Objective: The aim of this study is to determine the morbidity associated with not placing a ureteral stent following uncomplicated ureteroscopy and to determine the safety of performing ureteroscopy as a day-case procedure.

Design: This is a prospective study.

Setting: The study was done in the Day-case Unit, Salmaniya Medical Center, Bahrain.

Methods and Materials: Sixty-one patients with symptomatic ureteric stones who underwent ureteroscopy as an outpatient procedure. The patients were followed up at days 1-4 and again at 4-6 weeks postoperatively to determine the morbidity associated with the procedure (i.e. analgesic use and length of time to return to normal activity). Follow up consisted of urine analysis and radiological studies, which were done between 2-3 months postoperatively.

Results: Twenty one patients (34%) had no discomfort postoperatively. The remaining 40 patients (66%) had discomfort, 35 (57%) had pain that was relieved by the 2nd postoperative day. The main indication for admission was pain and hematuria. Five patients required admission. None of the patients had major immediate postoperative complications and all of them had follow up excretory urography or ultrasound done. None showed newly identified ureteric strictures or stone recurrence.

Conclusions: Day-case ureteroscopic management of ureteric stones is a potentially safe procedure and can be performed in selected patients. We believe that routine placement of ureteric stents following uncomplicated ureteroscopy is not essential.