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Retrograde flexible ureteroscopic approach – Experience on 1,110 cases

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Objective: Nowadays flexible ureteroscopy in, in many centers, a routine procedure. The aim of this study was to evaluate the indications, limits and efficacy of flexible ureteroscopy on a significant number of cases.

Materials-Methods: Between January 2002 – February 2014, 1,110 diagnosis and treatment retrograde flexible ureteroscopic procedures were performed in “Saint John” Emergency Clinical Hospital. We retrospectively reviewed the indications, endoscopes’ types, procedural efficacy and complications rates.

Results: A fiberoptic first generation Storz flexible ureteroscope was used in 194 cases, a digital Flex-Xc in 698 cases, a fiberoptic Wolf Cobra in 68 cases and a digital Olympus URF-V in 150 cases. 9.8% of the procedures were diagnostic, 2.4% therapeutic for upper urinary tract tumors and 87.8% for pyelocaliceal lithiasis (associated or not with other pathologies such as pyelocaliceal diverticulum or infundibulum stenosis). During the diagnostic procedures inspection of the entire upper urinary tract was possible in 91% of the cases. Stone free rate in lithiasis cases was 92.5% after one procedure, 97.9% after two procedures and 98.8% after three procedures. Complication rate was 19.2%, 16.2% Clavien I and II, 3% Clavien III, 0% Clavien IV and V. Two cases presented renal hematoma and one a subcapsular hematoma, all treated conservatively.

Conclusion: Retrograde flexible ureteroscopic approach is an efficient diagnostic and treatment method for upper urinary tract pathology. Technological progress during the last years modified method’s indications. The safety of this procedure is very good, most of the complications being minor.