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ECIRS: our initial experience for the treatment of staghorn kidney calculi

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Introduction: ESWL and RIRS represent the gold standard in the treatment of kidney stones more than 20 mm. But in case of high burden stones the combination of RIRS and PCNL (ECIRS) could also bring better results having better access to all renal calices.

Materials and Methods: Between July 2012 and February 2014, 44 patients underwent ECIRS for renal stone disease at our institution. Mean patient age was 61 years (range 31-73 yrs). In all the cases we used a single access tracts with the lower calix being the most commonly used. The procedure is performed by using an amplatz sheath from 20 to 30Fr and the stone cleared with the use of ultrasonic lithoclast and laser.

Results: The average procedure time was 134 minutes. All the patients had an uncomplicated procedure and we didn't put any postoperative nephrostomy in 26 cases. Mean hospital stay was 3.2 days (2-6). Stone-free rates at hospital discharge and at 3 months follow-up were 72% and 85% respectively. 5 patients need to be retreated (RIRS)

Conclusions: ECIRS can be a safe and effective procedure, even in Staghorns Stones or in complex urolithiasis, with high one-step Stone free rates, and low complication rates. However a larger number of cases and comparative studies would be needed to complement these data.