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Micro-URS: it had to come! Initial experience of ureteral micro-access for ureteral stone fragmentation

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Objective: To report the first ureteral stone successfully treated by means of a new endoscopic approach we named micro-ureteroscopy (m-URS), intending to reduce ureteral damage caused by conventional instruments.
Material - Methods: We selected a 53 year old woman with a 16 mm stone located in the right distal ureter. A micro-Perc´s 4.8F sheath was used for accessing the ureter and the stone was fragmented with a 230 micron laser fiber.
Results: Complete fragmentation of the stone was achieved. An indwelling JJ catheter was inserted due to the significant ureteral edema. The total operation time was 156 minutes and postoperative hospital staying 24 hours. There were no complications, analgesia requirements were minimum, and the patient was rendered stone free.
Conclusion: m-URS is a feasible, easy and affective technique for the treatment of distal ureteral lithiasis in women, optimizing the minimal invasiveness with results comparable to those obtained with conventional techniques regarding access and endoscopic vision, and the resolutive capability not being affected. Longer experience and technologic development are needed to finally define the role of this procedure for the treatment of ureteral lithiasis.