

# Ureteric Obstruction

## What Is Ureteric Obstruction?

Ureteric obstruction occurs when there is a blockage in one or both of your ureters, the tubes that carry urine from your kidneys to your bladder. This blockage can prevent the flow of urine into the bladder and out of the body. If the blockage is not treated, pain, infection, and even kidney damage may occur due to urine backing up to the kidneys.

## Symptoms Of Ureteric Obstruction

You might experience the following symptoms if you have a ureteric obstruction:

- Pain in your side or back (flank pain), which can be severe
- Reduced urine output
- Blood in your urine (haematuria)
- Symptoms of infection, such as fever and chills
- Nausea and vomiting
- Swelling in your legs or ankles

## Causes Of Ureteric Obstruction

Common causes of ureteric obstruction include:

- Kidney stones
- Scar tissue from previous surgeries or injuries
- Tumours in or near the ureters
- Congenital abnormalities (present from birth)
- Infections that cause inflammation and swelling

## Diagnosing Ureteric Obstruction

At Birmingham Urology Centre, we use a range of diagnostic tools to identify ureteric obstruction:

- **Ultrasound:** This non-invasive test visualises your kidneys and ureters.
- **CT urogram:** Provides detailed images of your urinary tract to pinpoint the location and cause of the blockage.
- **Blood tests:** To assess kidney function and check for signs of infection.

## Treatment Options

Your treatment will depend on the severity and cause of the obstruction. Options include:

- **Ureteral stents:** A stent is inserted into the ureter to keep it open and allow urine to pass from the kidney to the bladder.
- **Percutaneous nephrostomy:** A tube is placed directly into your kidney to drain urine, bypassing the blockage.
- **Surgery:** To remove the obstruction or correct the underlying issue. Surgical options may include open surgery, laparoscopic (keyhole) surgery, or robotic-assisted techniques, depending on your specific case.

## Recovery And Management

Post-treatment care is crucial for your recovery and preventing recurrence:

- **Follow-up care:** Regular check-ups to monitor your kidney function and ensure the obstruction does not return.
- **Pain management:** You may be prescribed pain relief medication to manage any discomfort.
- **Hydration:** Drink plenty of fluids to help flush your urinary system and reduce the risk of further blockages.

## Why Choose Birmingham Urology Centre

At Birmingham Urology Centre, we combine advanced technology with expert care to provide effective treatment for ureteric obstruction. Our dedicated team of urologists ensures you receive personalised care tailored to your needs, aiming for the best possible outcomes.

### Contact us

If you're experiencing symptoms of ureteric obstruction or have concerns about your urinary health, contact Birmingham Urology Centre today. Our specialists are here to offer expert assessment, diagnosis, and treatment options tailored to your needs. Book your consultation to start your journey towards better urinary health.