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Renal Stones (Urolithiasis) - A patient Resource
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Dr Vijayant Govinda Gupta is a Board Certified Urologist practicing in New Delhi, India and welcomes all patients from India and abroad to his practice for Safe, Ethical, Scientific and Economical Surgical Services for Renal Stones

Terms and Conditions apply
Kidney Stone Treatment Delhi - Best Kidney Stone Treatment - Kidney Stone Surgery

Dr Vijayant Govinda Gupta is the best urologist in Delhi NCR and is a kidney expert in the management of kidney stone surgery. He is a specialist in kidney stone treatment in Delhi. Contact today for the best kidney stone treatment and kidney stone surgery.

Read below for more information on various kidney stone treatment options and various kind of kidney stone surgery.

**Kidney stones/Nephrolithiasis/Renal Stones**

The medical term for kidney stones is nephrolithiasis or renal stones. Kidney stones are a major rampant health concern in North India. Studies have found that upto 1 in 5 people may suffer from a kidney stone in their lifetime.

The reason why kidney stones are so prevalent in North India are numerous.

- Hot summers
- Less water intake
- Diet rich in salt and meat
- Obesity
- Lack of exercise
Because of these, a huge number of patients will present with kidney stones to a urologist in Delhi.

But, what often confuses patients are the numerous treatment options with often confusing names. I will try to demystify these surgeries and help you choose the best treatment option for you.

I am qualified to perform each and every surgical procedure for the management of renal stones and nephrolithiasis in Delhi NCR.

**Complications of Kidney Stones**

All kidney stones require treatment. This is because if kidney stones are left untreated, they can give rise to numerous complications, even leading up to loss of the kidney.

Some common complications include

- Kidney failure
- Infections
- Kidney cancer
- Hematuria - blood in urine
- Pain

To prevent these complications, take a prompt referral from a qualified urologist or kidney stone surgeon.
The various treatment options available for kidney stone treatment are

(click to read further)

Conservative management or Medical dissolution therapy

Extracorporeal shock wave lithotripsy

Percutaneous nephrolithotomy (PNL or PCNL)

URS or Ureteroscopy

Retrograde Intrarenal Surgery (RIRS)
NON SURGICAL MANAGEMENT OF KIDNEY STONES

MEDICAL DISSOLUTION THERAPY/CONSERVATIVE THERAPY

Dr Vijayant Govinda Gupta is an Urologist and kidney stone expert in Delhi NCR and Gurgaon. Here he discusses medical dissolution therapy as a non surgical approach to kidney stones in contrast to RIRS/PNL or ESWL.

Kidney stones are common in North India and Kidney stone treatment is a fine art, requiring expert opinion and advice. In general, all kidney stones require active treatment.

If you are looking for advice on Best PCNL Delhi/Best RIRS Delhi or Best ESWL Delhi, visit my other pages.

There are some situations where you may choose conservative therapy.

They are

• Not willing for surgery – Exams, pregnancy, travel, work, family situation. Endless reasons why you may wish to postpone surgery for some time. I understand.

• Failed or Too many surgeries -Sometime even after the best effort of an urologist, some small stones may be left behind in the kidney

• Recurrent stones – You may have already undergone surgery in the past and do not wish for surgery right now
● Unfit for surgery – old age, heart disease, diabetes
● Very tiny stone – the risk of surgery is more than the risk of waiting

In the above situation you may decide to wait. I would advise the same, but caution needs to be exercised. There are very specific precautions during waiting for treatment. And some stones cannot wait. They will cause infection or worse lead to damaged kidneys.

Your urologist is the best person to advice you regarding conservative therapy. Based on tests he will determine the size of your stone, number, whether they are infected, whether they can damage your kidneys, and if they will grow bigger on waiting.

If you and your urologist decide to wait, then there are certain lifestyle changes you should consider to optimise your waiting period.

● Increase water intake – drinking upto 4 litres of water is good for you. Remember avoid Tea/Caffeine and sweetened drinks. Carbonated water or Spritzer without sugar is beneficial.
● Decrease your salt intake to 1- 2 g/day. Avoid all achaar and pickles
  ● Moderate your animal protein especially avoid red meat
● Exercise and maintain ideal body weight – Remember stay well hydrated though during exercise

Apart you will need regular follow up to determine stable stone size.

For further queries feel free to drop a message below or contact me via email.

EXTRACORPOREAL SHOCK WAVE LITHOTRIPSY-Best ESWL Delhi

ESWL Delhi-Best ESWL

ESWL or Extracorporeal shock wave lithotripsy is a modality of kidney stone treatment. Dr Vijayant Govinda Gupta is an urologist in Delhi NCR who specialises in kidney stone surgery and kidney stone treatment Delhi. I am a specialist in ESWL for kidney stones and have performed more than a 100 successful ESWL procedures for kidney stones.

Contact today for a free E consult via email for best ESWL Delhi, Delhi NCR and Gurgaon.
What is ESWL?
ESWL is a non invasive modality to treat kidney stones. It is a german technology, originally developed by Dornier. In this technique, a machine produced, very high intensity sound waves. These sound waves are focussed at your stone inside your body. These sound waves will then break the stone and the kidney stone fragment will pass out into the urine. The lure of ESWL lies in its ability to provide treatment without any incision or anesthesia.

Advantages of ESWL
ESWL was once upon a time the meesiah of urologists everywhere. Due to its simple nature, no incision, no risk of bleeding, surgeons everywhere installed the machines in their clinics. Due to this blinded trust in this modality, all patients would receive one or more sessions of ESWL during the course of their kidney stone treatment.

But ESWL has today few areas of true use, especially with the arrival of minimally invasive PNL and RIRS.

Today ESWL is truly indicated in the following conditions

- Very small stones – less than 0.5 cm
- Stones not amenable to RIRS or PNL – narrow infundibulum and lower calyx stones
Stone fragment left behind after PNL

**WHY ESWL is Losing it to RIRS and PNL?**

ESWL has certain drawbacks

- It is basically a blind procedure. The wave is focussed on the stone, but with breathing the stone will move in and out of the focus zone.
- The wave will and can cause collateral damage to the kidneys
- Bleeding and infections are known to occure with ESWL
- It also has some pain associated with the procedure
- And ESWL will break apart the stone, but the fragment s have to pass out with urine. Larger stones are not very amenable to ESWL
- And ESWL cannot be given in obese, muscular or pregnant individuals
  - Children require general anesthesia

In these circumstances , i would recommend you RIRS or Mini PNL for your kidney stone treatment.

But in highly selected willing patients, where the stone burden is low, or surgery is not possible or if you so wish, I can provide you the Best ESWL Delhi, Best ESWL Gurgaon and Best ESWL in Delhi NCR in terms of results, stone clearance and economy.

**Retrograde Intrarenal Surgery – RIRS- BEST RIRS DELHI**

**RIRS Delhi-Best RIRS**

Dr Vijayant Govinda Gupta is the best urologist in Delhi NCR, who specialises in kidney stone treatment Delhi. In this query he discusses retrograde intrarenal surgery or RIRS in detail. You can get a free econsult via email or leave me a message below.
Retrograde Intrarenal Surgery - What is it?
Retrograde intrarenal surgery or RIRS is the latest modality of kidney stone treatment. It involves introducing a very thin and extremely flexible ureteroscope through the urethra or penis up to the kidney. This involves no cut, scar or incision anywhere. Once the scope has reached the kidney, the urologist uses a laser fibre to dust away the stone. The stone turns to dust and passes down with the urine.

Advantages of RIRS
There is no cut incision or scar. The procedure is totally painless. And the patients can return rapidly to work.

Disadvantages of RIRS
Because the scope is so thin and flexible, it is also very very delicate. The scope may malfunction or break inside the patient. Though rare, the surgeon may need to convert to a traditional PNL.

The stone is dusted, not removed, it depends on the patients urine to wash out the stone.

And yo may be required to undergo a dj stenting a week before the procedure.

RIRS – What to expect?
RIRS is performed under general anesthesia. The procedure can be performed under day care. It is not suitable for very large stones. After the procedure you may be on a dj
stent for 1 week. You will need rest for at least 1 week and off from heavy work for 4 weeks.

Dr Vijayant Govinda Gupta is best urologist in Delhi NCR to provide the Best RIRS Delhi.

Contact me today via email for a free e consult. or leave a message.

Percutaneous Nephrolithotomy Or PCNL
Best PCNL Delhi-Best PNL Delhi-Best PCNL surgeon Delhi

Dr Vijayant Govinda Gupta is the best PCNL surgeon in Delhi and is an expert in performing percutaneous nephrolithotomy (also called PCNL or PNL). Read more from the surgeon who performs best PCNL delhi.

Percutaneous nephrolithotomy or PCNL or PNL is a surgical procedure for removing kidney stones. It is a kidney stone treatment.

In this procedure, the urologist makes a puncture into the kidney with a needle from your back. With this puncture then he creates a channel from the outside to the inside of your kidney. Using a camera and laser or lithotripter, the urologist will then proceed to break and remove all stones.

PCNL is the gold standard procedure for kidney stone treatment.

It is the gold standard because –
The surgeon has excellent view of the inside of the kidney and can remove all stones under complete vision. Because of a large channel, stones of all sizes can be completely cleared. But PCNL has certain disadvantages:

- **Bleeding** – The most feared complication. Kidney is basically a bag of water and blood with a thin filter in between. When we create a channel, the chances to injure a blood vessel are very high. But in expert hands bleeding is usually rare and if it happens can be managed.
- **Infection** – Kidney stones are infected stones. During the procedure, to ensure good visibility and faster clearance, the stones are continuously washed with saline. This can cause infection in some patients. (less than 1%)

To reduce these complications, newer techniques of PCNL have arrived. One of these is the Minimally Invasive PCNL or MIP. Instead of making a large tract of 6 mm, only a 2 or 3 mm tract is made. This reduces bleeding, pain and infection.

I am qualified to perform all variants of PCNL, to give you the best treatment results and fastest recovery.

**What to expect during PCNL/PNL?**

PCNL is performed under general anesthesia. It is performed in prone position, that means you would be lying on your stomach. After the surgery, your **urologist** may put a dj stent which will be removed after 2 weeks. You will need bed rest for 1 week and you cannot perform vigorous exercise and heavy work for 6 weeks after the surgery.

You can leave me a mail or a message for a free e consult where we can discuss about your kidney stone treatment options in detail.