The Yale Urology Stone Disease Program uses a multidisciplinary approach to help treat and prevent kidney stones. To our knowledge, this is the only such comprehensive clinic in Connecticut and one of a select few in the country. Our team of urology, nephrology, and nutrition experts work together to help patients determine the best treatment options to manage their existing kidney stones and provide strategies to reduce the risk of future kidney stone development.

Diagnosis
Kidney stones result from the crystallization of minerals in the urine. Kidney stones can cause symptoms such as pain, bleeding, and infections. To aid in diagnosis, we utilize ultrasound or specialized ultra-low dose CT scan imaging when possible to minimize radiation exposure to our patients.

Treating Kidney Stones
Yale Urology endourologists, who are urologists with special training in the treatment of kidney stones, are experts in all procedures to manage and treat kidney stones. They will help tailor the best treatment for each patient based on stone characteristics, including size, location, and composition, using minimally-invasive approaches without compromising outcomes.

Kidney stones are best treated and managed by a specialized urologist, in collaboration with a nephrologist and nutritionist.
Small Stones
Not all stones require immediate treatment, small stones that are not causing symptoms nor affecting kidney function may be monitored. Some small stones that present minimal symptoms can be passed naturally, avoiding surgery altogether. Your urologist will discuss increasing your water intake, appropriate pain relievers, as well as other treatments to help pass the stone.

Large Stones
For larger stones that are unlikely to pass, associated with infections, blocking and potentially damaging the kidney, or causing pain, there are several options to consider. Yale Urology offers shock wave lithotripsy, which is a completely non-invasive technology that uses powerful sound waves to break up stones into small, passable fragments. Ureteroscopy is a state-of-the-art procedure using small telescopes to pass through the urinary channel to directly visualize, break up the stone with a laser, and remove stone fragments. Percutaneous stone removal is reserved for larger, more complicated stones, and allows for more complete removal through a flank incision, smaller than an inch. Your urologist will discuss your treatment options and help you decide which is best for you to eliminate your kidney stone.

Preventing Kidney Stones
After treating your kidney stone, your urologist will focus on preventing future stones. Many kidney stones can be prevented through basic dietary and lifestyle changes. For patients who are at an especially high-risk of recurrent kidney stones, we often recommend a more complete metabolic work-up, involving blood and urine studies. We will also involve nephrologists and a nutritionist to help create a comprehensive treatment plan involving diet, fluid management, and occasionally medications, if necessary.

As with any treatment, your provider will listen to your concerns and will help you to determine your best treatment option.

Appointments: (203) 785-2815

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