Kidney Stones
Minimally Invasive Treatment

A kidney stone can create one of the most painful experiences of a lifetime.

What is a kidney stone?
Kidney stones are composed of minerals from the urine that stick together and block urine flow. Today more men and women have kidney stone disease often due to a lack of water intake. When a stone is too large to pass naturally, surgery may become an option. Urologic surgeons at St. Peter’s Kidney Stone Center can offer a full array of the latest minimally invasive options.

What new surgical options are available to treat kidney stones?
Large incisions are obsolete because of the advances in the surgical treatment of kidney stones. Shock wave lithotripsy, ureteroscopy, and percutaneous nephrolithotomy are surgical options that allow for a shorter hospital stay and quicker recovery time. Many patients go home the same day.

What is shock wave lithotripsy?
Shock wave lithotripsy uses sound waves to break up the stone. The small fragments pass through the urinary tract. No incisions are necessary.

What is ureteroscopy?
Ureteroscopy involves insertion of a small, tubular instrument (called an endoscope) into the urinary tract. No incisions are made. Once the stone is reached, smaller ones can be extracted whole. For larger stones, a laser is used to break the stone into smaller fragments that can be removed and/or pass naturally.

What is percutaneous nephrolithotomy?
Percutaneous nephrolithotomy (PNL) is used for very large kidney stones and involves a small, one-centimeter incision. The stones are removed in one single setting, minimizing the need for additional procedures.

St. Peter’s Kidney Stone Center
A Member of St. Peter’s Health Care Services
The science of medicine.
The compassion to heal.

St. Peter’s has one of the Capital Region’s largest and most comprehensive kidney stone treatment programs. Contact St. Peter’s Kidney Stone Center at 525-2-CARE.