

Ambulatory Care Pathway:- Investigation and management of Suspected Ureteric Colic (DRAFT)

Inclusion Criteria: (must meet all)

- Unilateral loin to groin pain and/or tenderness
- Dipstick haematuria
- Age >16 years
- Known renal stone disease

Meets ALL

Exclusion Criteria: (must not meet any)

- Pregnancy
- Other diagnosis more likely e.g. Ruptured aortic aneurysm
- Evidence of Sepsis (think pyelonephritis)

Meets NONE

Clinical features of Ureteric Colic:

- Crescendo severe unilateral loin pain
- Severe unilateral loin to groin pain
- Loin tenderness
- Previous history of ureteric colic
- **Beware: a ruptured Abdominal Aortic Aneurysm may present with classic ureteric colic symptoms.**
- Can be difficult to differentiate from pyelonephritis in young female
- Sepsis or obstructive nephropathy needs admission
- Haematuria on urine dipstick (in majority – not 100%)

Diagnostic Decision Tree:

Suspected Ureteric Colic

In First Assessment :

- IV Access
- FBC / U+E/Ca/Urate
- Urine Dipstick/MSU
- Analgesia:
- IM or PR Diclofenac or IV Ketorolac
- Opiates
- IV Fluids
- Ensure adequate analgesia early
- Warm affected side

Pain Settles ?

YES

NO

- Discharge with advice if no worsening of renal function from baseline
- TTO analgesia/alpha blocker
- CT KUB as outpatient
- Tamsulosin (NNT4)

- Admit to Urology
- CT KUB
- Senior review asap

Key Investigations:

- U+E to assess renal function / eGFR, Ca, Urate, Urine dipstick.
- Request Urgent CT KUB
- If for admission: request bed/ inform Surgical doctor on take/ transfer SAU or ward within 4hours
- If admission not required: ensure CT KUB requested and patient on ED/Dales Register for f/u

Follow up post CT KUB (responsibility of Dales doctor who is checking Register)

- **Ureteric/Renal Pelvic Stone & pain controlled; Urgent** appointment at Malton one-stop clinic under Mr Khafagy (refer via Joy.Clarkson@york.nhs.uk) for urgent ureteroscopy/close follow up for medical expulsive therapy (**NB needs to be reviewed not accepting ED referrals**)
- **Pain not controlled:** Admit Urology
- **Renal stone/no stone but evidence of recent passage: Routine** stone appointment at Malton one-stop clinic, metabolic stone screen and ultrasound follow up (referral as above)