

# Urolithiasis in Nairobi, Kenya

Ngugi, P M; Magoha, G A; Kiptoon, D

## Abstract:

**BACKGROUND:** Urolithiasis is an emerging problem in Kenya previously thought to be very rare and in which the use of modern methods of treatment has not been widely practiced **OBJECTIVE:** To review the presentation and management of patients presenting with urolithiasis in Nairobi, Kenya **DESIGN:** A retrospective study **SETTING:** The Nairobi hospital and Upper Hill Medical Centre a day care facility next to the Nairobi hospital **SUBJECTS:** One hundred and twenty five males and fifty three females aged 9 to 75 years **RESULTS:** One hundred and seventy eight patients were treated for urolithiasis over a five-and- half year period. Their mean age was 44.8 years, and the median was 45 years The 178 patients required 262 procedures to achieve stone clearance. One hundred and two patients had ESWL, with an overall stone clearance rate of 95%. Twenty-three patients had PCNL; 18 as the first procedure and 5 after failed ESWL. Fifty-one patients had ureteroscopic management. Forty seven had laser or pneumatic lithotripsy while four had stone removal by Dormia basket. Seven patients had bladder calculi managed by either cystolitholapaxy or forceps retrieval. **CONCLUSIONS:** This study demonstrates a higher annual incidence of urolithiasis in Nairobi than earlier literature. Study demonstrates that ESWL and ureteroscopic methods are highly effective in the treatment of renal and ureteral calculi as day care procedures.