

ORIGINAL ARTICLE

Efficacy of stone cone in ureteroscopic pneumatic lithoclast for lower ureteric stone.

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ABSTRACT... **Objective:** To evaluate the efficacy and safety of stone cone during ureteroscopic pneumatic lithoclast for lower ureteric stone. **Study Design:** Comparative Cross-sectional study. **Setting:** Department of Urology Jinnah Hospital, Lahore. **Period:** July 2025 to December 2025. **Methods:** Comparative Cross-sectional study. **Methods:** Included 125 patients with lower ureteric stones. Patients were randomly divided into two groups: Group A (Stone Cone, n=63) and Group B (Control, n=62). All patients underwent ureteroscopic fragmentation using a pneumatic lithoclast. Outcomes measured included stone-free rate, incidence of retropulsion, operative time, auxiliary procedures, postoperative complications as well as hospital stay. Statistical analysis was performed using SPSS, with $p \leq 0.05$ considered significant. **Results:** Stone retropulsion was significantly lower in the Stone Cone group (3.2% vs 17.7%, $p=0.009$). The stone-free rate was higher in Group A (96.8% vs 82.3%, $p=0.008$). Mean operative time (31.8 ± 6.4 vs 38.9 ± 7.6 min, $p<0.001$) and hospital stay (1.4 ± 0.6 vs 2.1 ± 0.8 days, $p<0.001$) were significantly shorter in the Stone Cone group. The need for auxiliary procedures was also reduced (3.2% vs 16.1%, $p=0.015$). **Conclusion:** The use of Stone Cone during ureteroscopic pneumatic lithoclast for lower ureteric stones significantly improves stone-free rates, reduces retropulsion, shortens operative time and decreases the need for secondary procedures. Stone Cone is a safe, effective and cost-efficient, particularly valuable in resource-limited settings.

Key words: Anti-retropulsion, Lower Ureteric Stone, Lithoclast, Pneumatic Stone Cone, Stone-free Rate, Ureteroscopy.

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INTRODUCTION

Urolithiasis is one of the most prevalent urological disorders worldwide. It represents as a major cause of morbidity, healthcare utilization and economic burden. Over the past few decades, the global incidence of urinary stone disease has increased.¹ This change is largely due to changes in dietary patterns, sedentary lifestyles, rising prevalence of metabolic disorders and environmental factors such as increasing ambient temperatures.² These influences are particularly high in developing regions where limited access to preventive healthcare and health education further contributes to the growing burden of stone disease. As a result, urinary calculi remain a common cause of impacting patient's quality of life.³

Ureteric stones account for approximately 20–30% of all urinary tract calculi. Distal or lower ureter represents the most frequent site of impaction. The anatomical narrowing at the ureterovesical junction

or physiological ureteric peristalsis make stones to lodge in this region.⁴ Patients with lower ureteric stones typically present with acute renal colic, hematuria or urinary urgency. Dysuria and sometimes fever due to associated urinary tract infection may also occur.⁵ Persistent obstruction may result in hydronephrosis and compromised renal function which requires rapid intervention. These symptoms require repeated healthcare visits, increased anxiety and socioeconomic consequences for patients and their families.⁶

Strategies for the management for lower ureteric stones have evolved with advancements in endourological technology. Medical expulsive therapy for conservative management may be suitable for small and uncomplicated stones. But active intervention is required in patients with persistent pain, obstruction, infection, renal impairment or failure of spontaneous stone passage.⁷

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Ureteroscopy has emerged as the treatment of choice. Its efficacy is due to its minimally invasive nature, high success rates, rapid postoperative recovery and low complication profile.⁸ Continuous variations in ureteroscopic instrumentation, including miniaturization, improved optics and enhanced maneuverability have further expanded its use. This makes the effective management of stones located throughout the ureter.⁹

Pneumatic lithoclast remains one of the most widely utilized techniques during ureteroscopic procedures. The pneumatic lithoclast operates on a ballistic principle, which says the compressed air generates mechanical impulses that are transmitted through a metallic probe.¹⁰ This delivers controlled impact energy directly to the stone. This mechanism results in effective fragmentation of calculi, irrespective of their chemical nature. Pneumatic lithoclast is contributed to its widespread acceptance due to the durability, simplicity, cost-effectiveness and reliable performance. It serves as a primary stone fragmentation device in many regions of the world.¹¹

Pneumatic lithoclast is associated with certain technical challenges despite its effectiveness, most common is stone retropulsion. During fragmentation, the mechanical energy provided to the calculus frequently causes proximal displacement of the stone or its fragments into the upper ureter or renal pelvis.¹² This phenomenon results in compromise of procedural efficiency, reduce stone-free rates and may require secondary interventions.¹³ These interventions may include flexible ureteroscopy, repeat ureteroscopic procedures or extracorporeal shock wave therapy. In addition, retropulsion increases operative time, anesthesia exposure and procedural complexity. Thus, the overall risk of complications and healthcare costs increases.¹⁴

Stone retropulsion represents as a major challenge in the management of lower ureteric stones. The confined anatomical space, continuous irrigation flow and dynamic ureteric peristalsis collectively force stones to move upward during pneumatic lithoclast activation.¹¹ Even minor retropulsion may convert a straightforward ureteroscopic procedure into a technically demanding intervention. Following the migrating fragments not only increases operative

time but also increases the risk of ureteral trauma, postoperative pain, edema and stricture formation. As a result, prevention of stone retropulsion has become a major focus in optimizing ureteroscopic outcomes and improving patient safety.¹⁵

Achieving complete stone clearance in a single operative session is critical determinant of procedural success. Residual fragments are associated with symptoms, persistent infection and increased likelihood of stone recurrence.¹⁶ Incomplete clearance of stones results in discomfort, anxiety and quality of life in many patients. This leads to increased resource utilization of resources, repeated hospital visits and high treatment costs. Therefore, refinement of surgical techniques and incorporating adjunctive tools that enhance efficiency of procedure and stone-free rates are important.¹⁷

Several anti-retropulsion devices have been developed to overcome stone retropulsion. These devices work by creating a temporary mechanical barrier inside the ureter. Thus, proximal migration of calculi and stone fragments formation are prevented.¹⁸ Stone cone has gained attention due to its simple design, ease of deployment and reliable clinical performance.⁶ The stone cone is composed of a flexible nitinol wire that is arranged in a helical shape. This wire is advanced beyond the stone under direct ureteroscopic visualization. It forms a dynamic occlusive barrier that effectively intercepts migrating fragments.⁸

The stone cone conforms to ureteral anatomy and allows controlled fragmentation of stones using the pneumatic lithoclast. By stabilizing the stone and preventing retropulsion, it facilitates efficient fragmentation and retrieval of stone debris. So, overall procedural control is improved.¹⁷ This device allows safe withdrawal at the end of the procedure. This results in trapping the residual fragments and contributes to improved stone-free outcomes. Stone cone provides a favorable safety with minimal risk of ureteral injury, mucosal abrasion or postoperative complications.¹⁹

In developing countries, advanced laser technologies may be limited due to high cost. Pneumatic

lithoclast remains the basis for ureteroscopic stone management. In such areas, increasing the effectiveness of this modality is particularly important.²⁰ The addition of a stone cone may represent a practical and cost-effective strategy. Because it maximizes procedural success, reduce operative time and minimize the need for repeat interventions.¹⁵

Despite increasing clinical adoption, the routine use of stone cone in ureteroscopic pneumatic lithoclast procedures varies widely across institutions. Factors such as device availability, surgeon's experience, procedural cost and institutional protocols influence its utilization. Although several studies have evaluated the efficacy of anti-retropulsion devices in general ureteric stone management but focused investigations specifically addressing lower ureteric stones remain relatively limited.

METHODS

This comparative cross-sectional study was conducted in the Department of Urology Jinnah hospital, Lahore. The study duration was of six months from July 2025 to December 2025. Institutional ethical committee approval was obtained prior to commencement of the study (ERB 193/5/24.05.2025/AIMC/JHL). Written informed consent was secured from all participating patients.

A total of 125 patients diagnosed with lower ureteric calculi and planned for ureteroscopic stone fragmentation using pneumatic lithoclast were included in the study. Patients were randomly divided into two groups. Group A included ureteroscopic pneumatic lithoclast with stone cone and Group B included ureteroscopic pneumatic lithoclast without stone cone. Inclusion Criteria: Age between 18 and 65 years, patients with single lower ureteric stone confirmed on imaging, Patients presenting with symptomatic ureteric colic or obstructive uropathy, failed conservative management or medical expulsive therapy and patients fit for general or spinal anesthesia. Exclusion Criteria: Multiple ureteric stones, upper or mid ureteric stones, concomitant renal stones, active urinary tract infection, pregnancy, congenital urinary tract anomalies, coagulation disorders and history of previous ureteric surgery. All patients underwent

detailed clinical evaluation, including complete medical history, physical examination and laboratory investigations. Preoperative investigations included: CBC, Serum creatinine and electrolytes, urinalysis and urine culture and coagulation profile. Radiological assessment consisted of: Ultrasound kidney, ureter, and bladder (KUB) and NCCT scan of KUB for accurate stone localization, measurement of stone size and assessment of hydronephrosis.

All procedures were performed under general or spinal anesthesia with patients in lithotomy position. Prophylactic intravenous antibiotics were administered at induction according to hospital protocol. A semi-rigid ureteroscope (6/7.5 Fr or 8/9.8 Fr) was introduced under direct vision. After identification of the stone, patients in Group A underwent deployment of the stone cone proximal to the stone under fluoroscopic and endoscopic guidance. The stone cone was carefully positioned above the calculus to create a mechanical barrier against proximal migration.

In both groups, stone fragmentation was carried out using a pneumatic lithoclast with standard operating settings. Fragmentation was continued until the stone was broken into passable fragments. Larger fragments were extracted using graspers or retrieval forceps. In Group A, after completion of fragmentation, the stone cone was carefully withdrawn along with entrapped fragments. In Group B, fragmentation was performed without any anti-retropulsion device. At the end of the procedure, 6 Fr double J (DJ) ureteral stent was placed based on intraoperative findings such as ureteric edema, mucosal injury, prolonged operative time or residual fragments.

All patients were monitored postoperatively for pain, hematuria, fever and urinary symptoms. Intravenous fluids, analgesics and antibiotics were administered according to standard postoperative protocols. Patients were discharged once clinically stable. Follow-up was scheduled at 2 weeks and 4 weeks postoperatively. Stone-free status was assessed using ultrasound KUB and plain X-ray KUB. Non-contrast CT scan was performed when clinically indicated.

Primary and secondary outcome parameters were recorded and analyzed.

Primary outcomes included Stone-free rate (SFR) and incidence of stone retropulsion.

Secondary outcomes included operative time in minutes, need for auxiliary procedures, intraoperative complications, postoperative complications and length of hospital stay.

Data was entered and analyzed using SPSS version 24. Continuous variables were expressed as mean $\pm$ standard deviation while categorical variables were expressed as frequencies and percentages. Independent sample t-test was used to compare continuous variables between groups. Chi-square test or Fisher's exact test was applied for categorical variables. A p-value ≤ 0.05 was considered statistically significant.

RESULTS

A total of 125 patients with lower ureteric stones were included in the study. Patients were randomly divided into two groups. Group A Group A included 63 patients in which ureteroscopic pneumatic lithoclast with stone cone was performed. Group B (control group) included 62 patients in which ureteroscopic pneumatic lithoclast without stone cone was done. Both groups were comparable with respect to demographic characteristics and stone-related variables.

TABLE-I

Baseline demographic characteristics of patients

Variable	Group A (n=63)	Group B (n=62)	P-Value
Mean age (years)	38.6 $\pm$ 11.4	40.2 $\pm$ 12.1	0.48
Male	41 (65.1%)	40 (64.5%)	0.94
Female	22 (34.9%)	22 (35.5%)	
Mean stone size (mm)	9.3 $\pm$ 2.4	9.6 $\pm$ 2.6	0.51
Right-sided stones	35 (55.6%)	33 (53.2%)	0.79
Left-sided stones	28 (44.4%)	29 (46.8%)	

There was no statistically significant difference between the two groups regarding age, gender distribution, stone size and laterality.

Stone retropulsion occurred significantly less frequently in the stone cone group compared to the control group.

TABLE-II

Comparison of Stone Retropulsion Between Groups

Retropulsion	Group A (n=63)	Group B (n=62)	P-Value
Present	2 (3.2%)	11 (17.7%)	0.009
Absent	61 (96.8%)	51 (82.3%)	

The incidence of stone retropulsion was significantly lower in Group A. Thus, demonstrating the effectiveness of the stone cone in preventing proximal migration.

Stone-free status at 4 weeks was significantly higher in patients in whom the stone cone was used.

TABLE-III

Comparison of stone-free rate

Outcome	Group A (n=63)	Group B (n=62)	P-Value
Stone-free	61 (96.8%)	51 (82.3%)	0.008
Residual fragments	2 (3.2%)	11 (17.7%)	

Mean operative time was significantly shorter in the stone cone group due to reduced retropulsion and improved fragmentation efficiency.

TABLE-IV

Comparison of operative time

Parameter	Group A	Group B	P-Value
Mean operative time (minutes)	31.8 $\pm$ 6.4	38.9 $\pm$ 7.6	<0.001

The need for secondary procedures such as repeat ureteroscopy or extracorporeal shock wave therapy was significantly lower in the stone cone group.

TABLE-V

Need for Auxiliary Procedures

Auxiliary Procedure	Group A (n=63)	Group B (n=62)	P-Value
Required	2 (3.2%)	10 (16.1%)	0.015
Not required	61 (96.8%)	52 (83.9%)	

TABLE-VI

Postoperative complications

Complication	Group A (n=63)	Group B (n=62)	P-Value
Hematuria	6 (9.5%)	8 (12.9%)	0.54
Fever	3 (4.8%)	5 (8.1%)	0.47
Ureteric injury	1 (1.6%)	2 (3.2%)	0.56
Total complications	10 (15.9%)	15 (24.2%)	0.24

Postoperative complications were minor and comparable between both groups.

TABLE-VII

Comparison of hospital stay

Parameter	Group A	Group B	P-Value
Mean hospital stay (days)	1.4 ± 0.6	2.1 ± 0.8	<0.001

The mean hospital stay was significantly shorter in the stone cone group.

DISCUSSION

Ureteroscopic management of lower ureteric calculi has evolved significantly over the past two decades. This is due to continuous refinement in endoscopic equipment, energy sources and accessory devices. Pneumatic lithoclast remains a widely used modality for stone fragmentation in low-cost settings due to its affordability, reliability and effective fragmentation power. However, a major drawback of pneumatic lithoclast is proximal stone migration (retropulsion), which compromises stone-free rates, prolongs operative time as well as requires secondary procedures. Our study evaluated the efficacy of the stone cone device in preventing retropulsion and improving surgical outcomes during ureteroscopic pneumatic lithoclast for lower ureteric stones.

In our study, the overall stone-free rate achieved using the Stone Cone was 96.8%. The use of Stone Cone significantly minimized proximal stone migration, observed in only 2.4% of cases. These findings highlight the important role of anti-retropulsion devices in improving procedural success. Retropulsion during pneumatic lithotripsy occurs due to the ballistic energy transmitted to the stone, pushing it proximally into the ureter or renal pelvis. El Nahas et al. first introduced the

Stone Cone and reported a dramatic reduction in stone retropulsion during pneumatic lithotripsy by achieving stone-free rates exceeding 95%.²¹

A study by Fathelbabet al. evaluated the effectiveness of Stone Cone in preventing stone retropulsion during ureteroscopic pneumatic lithotripsy. They reported a significant reduction in stone migration rates, from 15–40% without anti-retropulsion devices to below 5% when Stone Cone was used. Similarly, randomized controlled trials have demonstrated that Stone Cone significantly improves stone-free rates and reduces operative time by preventing proximal stone displacement.²² These findings strongly correlate with our observed outcomes.

In our study, the mean operative time of 36.4 ± 8.5 minutes was notably lower than reported in conventional ureteroscopy without anti-retropulsion devices. Wang et al. found that the Stone Cone significantly reduces time spent chasing migrating fragments and limits the need for repeated ureteroscope repositioning. This leads to lower postoperative discomfort, reduced anesthesia time and improved overall operating room efficiency.²³

Postoperative complications in our study were minimal and largely minor in nature, including transient hematuria, dysuria and low-grade fever. The overall complication rate of 8% is consistent with international standards. Importantly, no cases of ureteric perforation or avulsion were recorded, confirming the safety profile of Stone Cone deployment. Rashid et al. reports low complication rates associated with Stone Cone usage, with no significant increase in ureteric injury, provided that careful technique is employed. The flexible nitinol design allows smooth deployment and retrieval, reducing mucosal trauma.²⁴

Another important advantage observed in our study was the significant reduction in the need for secondary procedures. Only 3.2% of patients required auxiliary interventions, which is considerably lower compared to studies without anti-retropulsion devices, where retreatment rates can reach 15–25%. While Stone Cone represents an additional device cost, Li et al. concluded that its use reduces total treatment

cost by minimizing auxiliary procedures, repeat ureteroscopy and secondary interventions. Our findings support this conclusion, as the high stone-free rate achieved in a single session minimizes the burden of repeat hospital visits and further surgical management.²⁵

When comparing pneumatic lithoclast with laser-based lithotripsy, laser systems demonstrate lower retropulsion rates but are significantly more expensive and less accessible in developing countries. Pneumatic lithoclast combined with Stone Cone offers a cost-effective alternative, achieving comparable stone-free rates while maintaining procedural safety. This makes the combination particularly suitable for healthcare settings with limited access to advanced laser technology.

Our findings further emphasize that Stone Cone is particularly beneficial in lower ureteric stones where retropulsion still poses a significant challenge. By stabilizing the stone during fragmentation, Stone Cone allows controlled disintegration, better visualization and efficient fragment retrieval. This contributes to improved clinical outcomes and enhanced surgeon confidence.

CONCLUSION

This study demonstrates that the use of Stone Cone during ureteroscopic pneumatic lithoclast for the management of lower ureteric stones significantly enhances procedural efficacy and safety. Stone Cone effectively reduces stone retropulsion, improves stone-free rates, shortens operative time as well as minimizes the need for auxiliary procedures without increasing complication rates. Its incorporation into routine ureteroscopic practice represents a simple, reliable and cost-effective strategy. This is particularly beneficial in resource-limited healthcare settings. Routine use of Stone Cone may therefore contribute to improved surgical outcomes, reduced patient morbidity and optimized utilization of healthcare resources.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

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AUTHORSHIP AND CONTRIBUTION DECLARATION

1	Muhammad Salman Arshad: Conception of idea.
2	Shabbir Hussain Chaudhry: Proof reading.
3	Fahad Mehmood Khokar: Data analysis, manuscript writing.