

Bile Duct Stones

Bile Duct Stones (Choledocholithiasis)

Bile duct stones, also known as choledocholithiasis, occur when gallstones form in or move into the bile ducts. The bile ducts are small tubes that transport bile, a fluid produced by the liver, to the gallbladder and small intestine to aid digestion. Stones in the bile duct can block the flow of bile and cause a range of symptoms and complications, making early diagnosis and treatment crucial.

What Causes Bile Duct Stones?

Bile duct stones typically originate in the gallbladder and travel into the bile ducts. These stones are made of hardened deposits of digestive fluids, most commonly cholesterol or bilirubin. While most gallstones remain in the gallbladder without causing issues, some may move into the bile duct, leading to complications. In rare cases, stones may form directly in the bile ducts.

There are several risk factors for developing bile duct stones, including:

- **Obesity:** Being overweight or obese increases the likelihood of gallstone formation.
- **Age:** Gallstones are more common in people over 40.
- **Gender:** Women are more likely to develop gallstones due to hormonal changes, particularly during pregnancy or while taking hormonal medications.
- **Family history:** A family history of gallstones can increase your risk.
- **Diet:** Diets high in fat and cholesterol can contribute to the formation of stones.
- **Medical conditions:** Conditions like cirrhosis, infections, and certain blood disorders can lead to bile duct stones.

Symptoms Of Bile Duct Stones

Many people with bile duct stones may not experience symptoms unless the stone causes a blockage. When a bile duct stone blocks the flow of bile, it can cause:

- **Severe abdominal pain:** This pain is often felt in the upper right side or centre of the abdomen

and may radiate to the back or shoulder.

- **Jaundice:** A yellowing of the skin and eyes due to the buildup of bile in the bloodstream.
- **Fever and chills:** These symptoms may indicate an infection in the bile ducts, known as cholangitis, which requires immediate medical attention.
- **Nausea and vomiting:** Digestive issues may occur due to bile flow being obstructed.
- **Dark urine and pale stools:** These are signs that bile is not reaching the intestines properly.

Diagnosis Of Bile Duct Stones

If you experience symptoms of bile duct stones, it's important to seek medical advice. Your doctor will perform a physical exam and may order diagnostic tests to confirm the presence of stones. Common diagnostic tools include:

- **Blood tests:** To check liver function and detect signs of infection or bile duct obstruction.
- **Ultrasound:** A non-invasive imaging test that can identify stones in the gallbladder and bile ducts.
- **MRCP (Magnetic Resonance Cholangiopancreatography):** A specialised MRI scan that provides detailed images of the bile ducts.
- **ERCP (Endoscopic Retrograde Cholangiopancreatography):** A procedure that combines endoscopy and X-ray to diagnose and treat bile duct stones by removing them during the test.

Treatment Of Bile Duct Stones

Treatment for bile duct stones aims to relieve the blockage and prevent further complications. The most common treatments include:

- **ERCP:** This procedure is often the first-line treatment for bile duct stones. During ERCP, an endoscope is passed through the mouth and into the bile ducts to locate and remove the stones.

- **Surgery:** In some cases, especially when ERCP is not suitable or if the patient has gallstones remaining in the gallbladder, surgery may be required to remove the stones. This could involve gallbladder removal (cholecystectomy) to prevent future stone formation.
- **Lithotripsy:** A less common option that uses shock waves to break up stones into smaller pieces that can pass through the bile ducts naturally.

Why Choose Birmingham Liver Clinic?

At Birmingham Liver Clinic, we offer expert, personalised care for bile duct stones. Our surgeons provide comprehensive treatment tailored to each patient's condition using the latest diagnostic tools and techniques to ensure the best possible outcomes for our patients.

Contact Us

If you are experiencing symptoms of bile duct stones or have been diagnosed and need expert care, contact Birmingham Liver Clinic today. Our team is ready to provide the support and treatment you need. To book a consultation or learn more about our services, [insert contact details here]