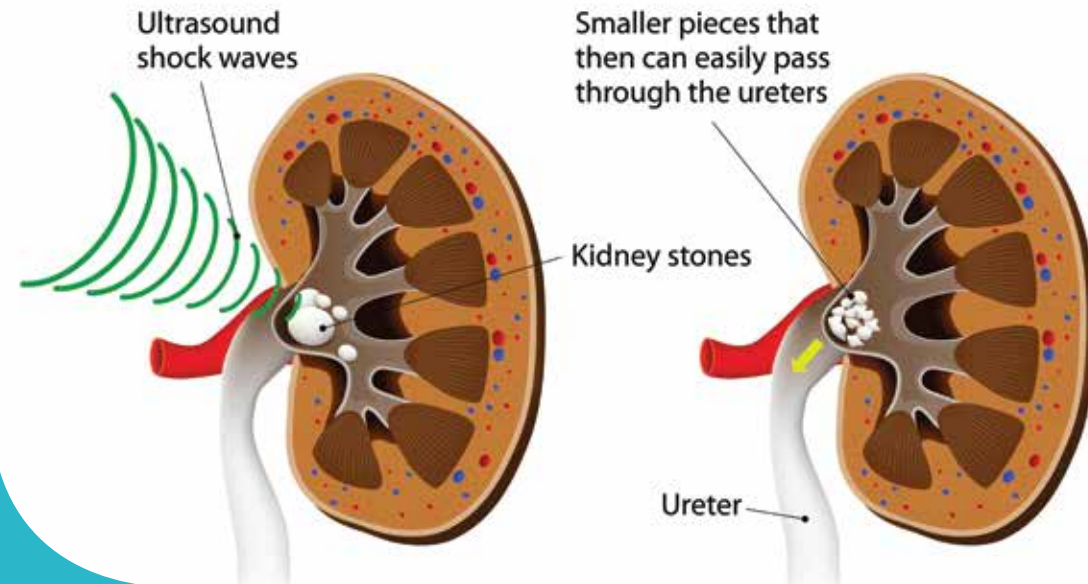


LITHOTRIPSY

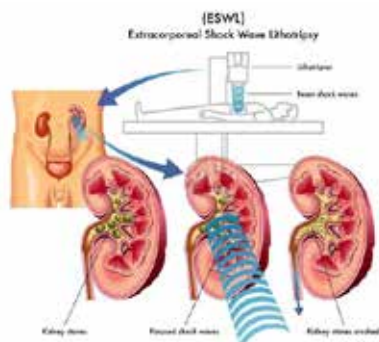


Extracorporeal shock wave lithotripsy

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Extracorporeal shock wave lithotripsy (ESWL):

Extracorporeal shock wave lithotripsy (ESWL) is a non-invasive treatment of kidney/ureteric stones, ESWL is a method of fragmenting kidney/ureteric stones by sound waves, into small pieces so that they can be passed naturally via urine. The procedure usually takes 30 minutes to 1 hour. In some cases more than one session is required depending upon size and consistency of the stone.



Are there any risks involved in this procedure?

Common

- Blood in urine for short period after the procedure.
- Pain in the kidney, as small fragments of the stone pass.
- Urinary tract infection, from bacteria released from the stone when fragmented, needing antibiotic treatment.

Rare

- The lithotripsy can damage the kidneys, and they may not work as well after the procedure.
- Possible serious complications may include high blood pressure
Bowel perforation
- Septic Shock (if already infected and not given adequate antibiotherapy)

Alternative therapy

Endoscopic surgery, open surgery or observation.

Before admission

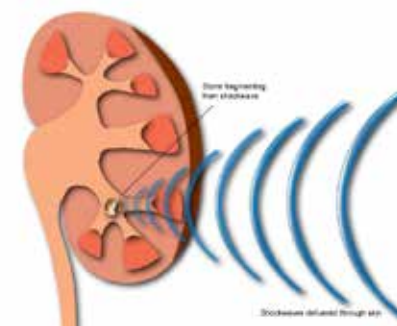
- You may not eat or drink midnight the night before the procedure
- Arrange to have someone or a relative to take you home
- You can eat after the procedure, due to the sedatives given during the procedure.

Please bring the following with you:

- Your ID card and insurance card if applies.
- A list of any medications you are taking.
- If you are diabetic please bring your medication/insulin with you.

What you will expect during lithotripsy

- You may need to bring with you all the X-ray or CT scan that you have performed
- Lithotripsy is usually done on an outpatient basis. This means that you'll go to the hospital or clinic on the day of the procedure and leave the same day.
- The stones are localized using x-ray equipment and it is very important that you try to remain still. You will hear a clicking noise throughout the procedure as the shockwaves are administered from the machine.



What you will expect after the procedure

After the procedure:

- You will be monitored for 1 to 4 hours until full consciousness has been regained and minimal pain encountered
- You have to pass urine before going home
- You can eat after 2 hours of the procedure
- We advise that you get home and rest.
- You may experience some pain after the procedure. This is due to the stones breaking and moving, the length of time it lasts will differ with each individual.
- You should take the pain killers given to you when you leave the hospital.
- You may also experience some localized redness where the shock waves were directed.
This is not usually sore and will gradually resolve.
- It is important to drink plenty of fluids after the treatment. Try to drink between 2 to 3 liters per day, as this will help stones fragment further and pass spontaneously.
- It is normal to see some slight blood in urine after the treatment. Again, this is due to the stones moving. If you try to increase your fluid intake, as mentioned above, this should settle.

When to call your doctor:

Call your doctor if you have:

- Severe pain in your back or side that will not go away
- Severe Abdominal pain
- Heavy bleeding or blood clots in your urine (a small to moderate amount of blood is normal)with inability to urinate
- Fast heartbeat
- Fever and chills
- Vomiting
- Urine that smells bad
- A burning feeling when you urinate
- Very little urine production

You are requested to not resume anti-coagulant medications before consulting your doctor.

Follow up appointment

You will be seen again in 2 weeks and a repeat x-ray will be taken to decide on further treatment.

For any questions or clarifications do not hesitate to contact urology clinic at 01/372888 ext.:1140